



## SUICIDE PREVENTION MONTH IDEAS FOR ACTION SEPTEMBER 2020

### 1. LEARN ABOUT EFFECTIVE SUICIDE PREVENTION



by watching and sharing a brief video overview of SPRC's Effective Suicide Prevention Model:

<http://www.sprc.org/micro-learning/effective-suicide-prevention>

### 2. ENGAGE



people with lived experience in your prevention efforts using these resources:

- A brief video explaining lived experience <http://www.sprc.org/micro-learning/leah-harris-lived-experience-what-it-how-include-it>
- A toolkit to involve people with lived experience in prevention efforts <http://www.sprc.org/livedexperiencetoolkit/about>
- A lived experience story about what makes a difference <http://www.sprc.org/micro-learning/lived-experience-story-about-what-makes-difference>

### 3. EMPOWER EVERYONE



to help prevent suicide by promoting:

- Information and resources tailored to the multiple settings where people live, work, and receive care <http://www.sprc.org/settings>

- Customized information sheets to help people in a variety of roles recognize and respond to those at risk for suicide

<http://www.sprc.org/resources-programs/customized-information-series>

### 4. JOIN

the National Action Alliance for Suicide Prevention's ([Action Alliance](#)) collective #BeThere messaging effort:



- Use #BeThere and #SPM20 on Twitter to educate the public about the many ways to support those who are struggling <https://twitter.com/search?vertical=default&q=%23BeThere&src=typd>
- Visit the Action Alliance's #BeThere webpage to learn more <https://theactionalliance.org/bethere>
- Sign up to receive updates from the Action Alliance <https://theactionalliance.org/join-our-mailing-list?email=>

### 5. CREATE SAFE AND EFFECTIVE MESSAGES



for the public that promote hope, recovery, and resilience using the *Framework for Successful Messaging*

<http://suicidepreventionmessaging.org>

## 6. ENCOURAGE HELP-SEEKING

by spreading the word about these crisis services:



- **The National Suicide Prevention Lifeline provides free, confidential, 24/7 support by phone** [1-800-273-TALK (8255)] or online chat <http://www.suicidepreventionlifeline.org>
- **Crisis Text Line provides free, confidential, 24/7 support by text** [text HOME to 741741 from anywhere in the U.S.] <https://www.crisistextline.org>

## 7. SUPPORT

the National Suicide Prevention Lifeline's ([Lifeline](#)) #BeThe1To movement by learning the five steps that can save a life and sharing them with others: (1) ask, (2) keep them safe, (3) be there, (4) help them connect, and (5) follow up <http://www.bethe1to.com/join>



## 8. EXPLORE WAYS

to #BeThere for a veteran or service member—whether you have one minute, one hour, or more—with resources from the [Veterans Crisis Line](#) <https://www.veteranscrisisline.net/BeThereSupport.aspx>



## 9. TAKE FIVE MINUTES

to complete five action items developed by the National Council for Suicide Prevention ([NCSP](#)) for their Take 5 to Save Lives campaign: (1) learn the signs, (2) do your part, (3) practice self-care, (4) reach out, and (5) spread the word <https://www.take5tosavelives.org/take-5-steps>



## 10. ON SEPTEMBER 10, GET INVOLVED IN

- World Suicide Prevention Day using ideas from the International Association for Suicide Prevention ([IASP](#)) <https://www.iasp.info/wspd2020>



- National American Indian/Alaska Native Hope for Life Day using the Action Alliance toolkit <https://theactionalliance.org/communities/american-indian-alaska-native/hope-life-day>

## 11. PARTICIPATE

in a National Suicide Prevention Week event hosted by the American Foundation for Suicide Prevention ([AFSP](#)) <https://afsp.org>



## 12. PROMOTE

Suicide Prevention Awareness Month using materials from the National Alliance on Mental Illness ([NAMI](#)), such as crisis and information resources and social media content <http://www.nami.org/Get-Involved/Awareness-Events/Suicide-Prevention-Awareness-Month>



## 13. INFORM THE MEDIA

that they play an important role in suicide prevention by sharing the Recommendations for Reporting on Suicide with print, online, radio, and television media contacts <http://reportingonsuicide.org>



## 14. SHARE RESOURCES

that promote healing:

*A Journey Toward Health & Hope Handbook for Recovery after a Suicide Attempt* <https://store.samhsa.gov/product/A-Journey-Toward-Health-and-Hope-Your-Handbook-for-Recovery-After-a-Suicide-Attempt/SMA15-4419>

Resources related to survivors of suicide loss <http://www.sprc.org/populations/suicide-loss>

<http://www.suicidology.org/suicide-survivors/suicide-loss-survivors>

<https://afsp.org/find-support/ive-lost-someone>



Suicide Prevention Resource Center  
[www.sprc.org](http://www.sprc.org)

Education Development Center  
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The Suicide Prevention Resource Center at EDC is supported by a grant from the U.S. Department of Health and Human Services (HHS), Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Mental Health Services (CMHS), under Grant No. 5U79SM062297. The views, opinions, and content expressed in this product do not necessarily reflect the views, opinions, or policies of CMHS, SAMHSA, or HHS.