



September is National Suicide Prevention Month. All month, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness. It is a time when the public rallies to create awareness of this leading cause of death and can inspire more and more people to learn how they can play a role in helping to save lives. Suicide prevention is important every day of the year but September gives us an opportunity to shine a special, encouraging light on this topic that affects us all, and send a clear, hopeful message that help is available, and suicide can be prevented.



National Suicide Prevention Week is Sunday 10 September 2023 – Saturday 16 September 2023.
It's a time to share resources and stories, as well as promote suicide prevention awareness.



World Suicide Prevention Day is September 10.

It's a time to remember those affected by suicide, to raise awareness, and to focus efforts on directing treatment to those who need it most.



Crisis Resources

- If you or someone you know is experiencing a mental health crisis, [call](tel:988) or [text 988](text:988) immediately.
- If you are uncomfortable talking on the phone, you can chat with the Suicide & Crisis Lifeline at 988lifeline.org.
- You can also text **NAMI** to **741-741** to be connected to a free, trained crisis counselor on the Crisis Text Line.
- Veterans Crisis Line: Send a text to 838255



Activities to Honor & Celebrate Suicide Prevention Month, Week, & Day

- Learn the warning signs of suicide
- Learn the correct terminology
- Learn the stats about suicide
- Learn about the effective ways to reduce suicide
- Learn how to ask hard questions
- Learn how to help someone struggling with suicide
- Read quotes about suicide prevention
- Share resource or your story (if comfortable) on social media
- Wear mental health apparel
- Put up a sign
- Listen to mental health podcasts or watch documentaries
- Take action by donating, volunteering, participate in a walk/run, or attending an event