

SEPTEMBER is Suicide Prevention Month

September 8-14 is Suicide Prevention Week

September 10 is World Suicide Prevention Day

what to do at your school to raise awareness about suicide prevention month-

- Display posters to promote mental health awareness.
- Pass out hotline numbers at lunch.
- Post on your club's or school social media account using the resources below.
- Promote the OMM monthly club meetings.
- Follow these hashtags or use them in your social media posts
#BeThe1To #YouMakeTodayBetter #realconvo
#suicidepreventionmonth #elevatetheconvo #ourmindsmatter
#youarenotalone #youmatter

resources to use



American Foundation for Suicide Prevention (AFSP) – check out specific things to watch, read, share and a calendar of ongoing events [here](#).



To Write Love on Her Arms (TWLOHA)

For World Suicide Prevention Day, TWLOHA will be sharing a universal message “You Make Today Better”. For more, visit

<https://twloha.com/youmaketodaybetter/>

National Suicide Prevention Hotline

1-800-273-8255

Other suicide prevention month resources to share can be found [here](#).

#BeThe1To Ask.

Don't be afraid to ask the tough question.

When somebody you know is in emotional pain,
ask them directly:

“Are you thinking about killing yourself?”

Find out why this can save a life at [BeThe1To.com](#).
If you're struggling, call the Lifeline at

1-800-273-TALK (8255)



 

if you are concerned about someone, ask yourself the following questions. Has your friend or family member shown or shared any of the following:

- Talking about wanting to die, be dead, or about suicide, or are they cutting or burning themselves?
- Feeling like things may never get better, seeming like they are in terrible emotional pain (like something is wrong deep inside but they can't make it go away), or they are struggling to deal with a big loss in their life?
- Or is your gut telling you to be worried because they have withdrawn from everyone and everything, have become more worried or on edge, seem unusually angry, or just don't seem normal to you?
- Learn more at youthsuicidewarningsigns.org/youth

how to respond:

- Ask them if they are okay and listen to them like a true friend.
- Tell them you are worried and concerned about them and they are not alone.
- Talk to an adult you trust about your concerns.
- Utilize resources available to you:
 - Call 1-800-273-TALK
 - Text “CONNECT” to 855-11