



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

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