



SUICIDE PREVENTION MONTH

IDEAS FOR ACTION

SEPTEMBER 2022

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

<https://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

<https://www.sprc.org/micro-learning/lived-experience-story-about-what-makes-difference-0>

3. CREATE SAFE AND EFFECTIVE MESSAGES

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

<http://suicidepreventionmessaging.org>

4. INFORM THE MEDIA

that they play an important role in suicide prevention by sharing the Recommendations for Reporting on Suicide and 988 Media Toolkit:

<http://reportingonsuicide.org>

<http://ow.ly/7kHj50JWtIJ>

5. JOIN

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

Use #BeThere and #SPM22 on Twitter to educate the public about the many ways to support those who are struggling

<https://twitter.com/search?vertical=default&q=%23BeThere>

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=>

6. EMPOWER

states, tribes, territories, and communities to prevent suicide by promoting:

Resources for implementing the 988 Suicide & Crisis Lifeline

<https://sprc.org/988>

Tools for establishing a strong state suicide prevention infrastructure

<https://sprc.org/state-infrastructure>

7. ENCOURAGE HELP-SEEKING

by spreading the word about these crisis services:

The 988 Suicide & Crisis Lifeline provides free, confidential, 24/7 support by phone [call or text 988 from anywhere in the U.S.] and online chat
<https://988lifeline.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>

8. SUPPORT

the 988 Suicide & Crisis 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
- (5) follow up

<http://www.bethe1to.com/join>

9. ON SEPTEMBER 10, GET INVOLVED IN

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

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>

10. PARTICIPATE

in an **Out of the Darkness Community Walk** hosted by the American Foundation for Suicide Prevention ([AFSP](#)):
<https://afsp.org>

11. 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>

12. EXPLORE WAYS

to **#REACH** out to a veteran or service member—whether you have one minute, one hour, or more—with resources from the [Veterans Crisis Line](#):
<https://www.va.gov/REACH>

13. SHARE RESOURCES

that promote healing:

A Journey toward Health and Hope: Your 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>
<https://suicidology.org/resources/suicide-loss-survivors>
<https://afsp.org/live-lost-someone>

14. 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
- (5) spread the word

<https://www.take5tosavelives.org/take-5-steps>



Suicide Prevention Resource Center
www.sprc.org

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