



# SUICIDE PREVENTION MONTH

## IDEAS FOR ACTION

### SEPTEMBER 2018

#### 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. SHARE STORIES



of hope, healing, and recovery, such as:

- A SPARK Talk on engaging suicide attempt survivors  
<http://www.sprc.org/video/attempt-survivors>
- Perspectives on attempt survivors and other people with lived experience  
<http://www.sprc.org/populations/attempt-survivors-and-people-lived-experience>
- *The Way Forward: Pathways to Hope, Recovery, and Wellness with Insights from Lived Experience*  
<http://actionallianceforsuicideprevention.org/sites/actionallianceforsuicideprevention.org/files/The-Way-Forward-Final-2014-07-01.pdf>

#### 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:



- Support the Action Alliance's Thunderclap to automatically share the #BeThere message with your social media followers on September 10  
<https://www.thunderclap.it/projects/70402-bethere-help-prevent-suicides>
- Use #BeThere on Twitter to educate the public about the many ways to take action to support a person who is struggling or in crisis  
<https://twitter.com/search?q=%23BeThere&src=typd>
- Sign up to receive [#BeThere updates](#) from the Action Alliance

#### 5. ENCOURAGE

faith communities to join the Action Alliance's National Weekend of Prayer for Faith, Hope, & Life [[prayfaithhopelife.org](http://prayfaithhopelife.org)]:



- Watch the video to learn more  
<http://actionallianceforsuicideprevention.org/national-weekend-prayer-faith-hope-life-video>
- Pledge your commitment to participating in the National Weekend of Prayer  
<http://actionallianceforsuicideprevention.org/national-weekend-prayer>

#### 6. 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/>



## 7. 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/>

## 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 (NCSPP) 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. GET INVOLVED

in World Suicide Prevention Day on September 10 using information and ideas from the International Association for Suicide Prevention's (IASP) website

<https://iasp.info/wspd2018/>



## 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. 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/>



## 13. PARTICIPATE

in a National Suicide Prevention Week event hosted by the American Foundation for Suicide Prevention (AFSP)

<https://afsp.org/campaigns/national-suicide-prevention-week-2018/>



## 14. CREATE SAFE AND EFFECTIVE MESSAGES

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

<http://suicidepreventionmessaging.org>



## 15. SHARE RESOURCES

that promote healing:

*A Journey Toward Health & Hope Handbook for Recovery after a Suicide Attempt*

<http://www.suicidology.org/Portals/14/docs/Resources/HandbookForRecoveryAfterAttemptSAMHSA.pdf>

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

Suicide Prevention Resource Center  
[www.sprc.org](http://www.sprc.org) | 877-GET-SPRC (877-438-7772)

Education Development Center  
43 Foundry Avenue, Waltham, MA 02453

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