

SEPTEMBER 2022

SUICIDE PREVENTION MONTH



*Suicide Prevention Day
is September 10th*

IT'S A TIME TO REMEMBER
THOSE AFFECTED BY SUICIDE,
TO RAISE AWARENESS, AND
TO FOCUS EFFORTS ON
DIRECTING SUPPORT TO
THOSE WHO NEED IT MOST.

WE CAN ALL HELP PREVENT SUICIDE.

September marks Suicide Prevention Month, an annual observance dedicated to increasing awareness of and action around suicide prevention.

While suicide prevention is important to address year-round, this month provides a dedicated time to come together with collective passion and strength around a difficult topic. We can all benefit from honest conversations about mental health conditions and suicide, because just one conversation can change a life.

Join us by participating in the awareness activities planned for September (see attached calendar).

DEPARTMENT OF MENTAL HEALTH



DON'T BE AFRAID TO ASK THE TOUGH QUESTION.

When someone you know is in emotional pain, ask them directly,

"Are you thinking about killing yourself?"

Research suggests acknowledging suicide may reduce rather than increase suicidal ideation. Asking the question in a direct, unbiased manner communicates that you are open to speaking about suicide in a non-judgmental and supportive way.

Other questions you can ask include, "How can I help?" and "What can we do about this?". Asking these questions can open the door to honest communication to learn what next steps need to be taken.

Often, we don't know the challenges others face on a day-to-day basis. The past year and a half have proven to be an unquestionably challenging time. Make the most of this month by reaching out to those who may be struggling.

"I'm here to talk, I'm here to listen, I am here for you and with you"