

Working Together to Prevent Suicide

Suicide Prevention Week September 9 - 15, 2018 World Suicide Prevention Day September 10, 2018



suicideispreventable.org

Each Mind Matters: California's Mental Health Movement supports that suicide prevention matters!

September 10: Today is World Suicide Prevention Day and the theme is "Working Together to Prevent Suicide"

As we reach out to others to let them know they are not alone when they are in distress, we are also reminded that we are not alone in our passion, concern, and work to prevent suicide in our communities and workplaces. It truly takes a village, and a comprehensive approach to promote wellness and prevent suicide. We are working together to create the world we would like to see - one conversation, interaction, or program at a time.

Know the Signs: learn about warning signs of suicide. Consider whether the behaviors you are seeing are new, unusual, increased, or related to a painful event such as a loss. If someone is talking about killing themselves or making comments about not being around or being a burden, take those comments seriously.

Find the words: start a conversation with someone you are concerned about, someone who may be having a tough time or is dealing with challenges in their lives. Pain isn't always obvious, so be the one to offer kind words and the gift of your time. Ask and then listen.

Reach out: find out about the resources that are available, from crisis lines to local behavioral health services. Also consider services and supports that can help people cope with life's challenges, whether they are financial, legal, or with relationships. There is help, and hope. The more you know about what is available the more confident you will feel in supporting someone else, and the more likely you will be able to encourage them to reach out.

Post and Tweet: Post and tweet broadly through social media venues that you use. **"Today is World Suicide Prevention Day. We are working together to prevent suicide."** Add information about something you're planning to do on Saturday to observe World Suicide Prevention Day, and maybe a few suggestions for others. Find additional inspiration by checking out these [social media posts](#) from the Know the Signs Campaign.

Find out more about World Suicide Prevention Day here: www.iasp.info/wspd/