

# **Suicide Prevention Resource Center**



# 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-peoplelived-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/customizedinformation-series

# 4. JOIN

the National Action Alliance for Suicide Prevention's (<u>Action Alliance</u>) collective #BeThere messaging effort:



- Support the Action Alliance's Thunderclap to automatically share the #BeThere message with your social media followers on September 10 <u>https://www.thunderclap.it/projects/70402-bethere-helpprevent-suicides</u>
- 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 <u>https://twitter.com/search?q=%23BeThere&src=typd</u>
- Sign up to receive <u>#BeThere updates</u> from the Action Alliance

# 5. ENCOURAGE

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



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

http://actionallianceforsuicideprevention.org/nationalweekend-prayer

#### 6. SUPPORT

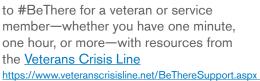
the National Suicide Prevention Lifeline's (Lifeline) #BeThe1To movement by learning the five steps that can save a life and sharing them with others: (1) ask, (2) keep them safe, (3) be there, (4) help them connect, and (5) follow up http://www.bethe1to.com/join/\_



# 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 complete five action items developed

#### 9. TAKE FIVE MINUTES



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. 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**

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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 <a href="http://www.sprc.org/populations/suicide-loss">http://www.sprc.org/populations/suicide-loss</a>

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 | 877-GET-SPRC (877-438-7772) Education Development Center 43 Foundry Avenue, Waltham, MA 02453

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