



SUICIDE PREVENTION MONTH

IDEAS FOR ACTION

SEPTEMBER 2016

1. EDUCATE, INSPIRE, AND MOBILIZE SUPPORT FOR SUICIDE PREVENTION

using resources from the Suicide Prevention Resource Center ([SPRC](http://www.sprc.org)) website, such as the following:



Stories of hope and recovery demonstrating that healing, hope, and help happen:

- SPARK talk on engaging suicide attempt survivors: <http://www.sprc.org/video/attempt-survivors>
- Perspectives on attempt survivors and people with lived experience: <http://www.sprc.org/populations/attempt-survivors-and-people-lived-experience>
- Resources related to survivors of suicide loss: <http://www.sprc.org/populations/suicide-loss>

Information on effective suicide prevention, including:

- Strategies, programs, and practices to consider: <http://www.sprc.org/effective-prevention/comprehensive-approach>
- A strategic planning process for achieving your goals: <http://www.sprc.org/effective-prevention/strategic-planning>
- Guiding principles for evidence-based prevention: <http://www.sprc.org/keys-success/evidence-based-prevention>

Resources to help EVERYONE do something to prevent suicide:

- 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 individuals in a variety of roles recognize and respond to those who may be at risk for suicide: <http://www.sprc.org/resources-programs/customized-information-series>

2. DISTRIBUTE MATERIALS

about World Suicide Prevention Day (September 10) from the International Association for Suicide Prevention ([IASP](http://www.iasp.info)) based on this year's theme of "Connect, Communicate, Care." The materials include an activities sheet, a toolkit, and a press package that contain information, resources, and numerous ideas for individuals and communities around the world to commemorate this important day: <http://www.iasp.info/wspd>



3. GET INVOLVED

in the National Council for Suicide Prevention's ([NCSP](http://www.ncsp.org)) Take 5 to Save Lives campaign, which encourages everyone to take five minutes to complete five action items on September 10: Learn the signs, join the movement, spread the word, support a friend, and reach out. Resources on their website include a Take 5 toolkit and opportunities to partner with the campaign: <http://www.take5tosavelives.org>



4. SHARE MESSAGES

on social media about the American Foundation for Suicide Prevention's (AFSP) Be the Voice to #StopSuicide campaign. Visit their website to find social media messages, shareable images, and information about advocacy opportunities and community events around the country:

<https://afsp.org/campaigns/national-suicide-prevention-week-2016/>



5. EDUCATE YOUR COMMUNITY

about suicide using the American Association of Suicidology's (AAS) *National Suicide Prevention Week Media and Information Kit*, which includes fact sheets, warning signs, public service announcements, publicity ideas, a press release script, and op-ed pieces. Find the kit here:

<http://www.suicidology.org/Portals/14/docs/NSPW/MediaKit2016.pdf?ver=2016-06-29-124807-360>



6. PROMOTE

Suicide Prevention Awareness Month using materials from the National Alliance on Mental Illness (NAMI), such as crisis and information resources, registration for the stigmafree pledge, and social media content:

<http://www.nami.org/Get-Involved/Awareness-Events/Suicide-Prevention-Awareness-Month>



7. SPREAD THE WORD

about the National Suicide Prevention Lifeline, 1-800-273-TALK (8255). Let everyone in your community know that the Lifeline is available to call for suicide intervention and ask local service providers, including directory 411 and 211 operators, to direct callers to 1-800-273-TALK for help. Visit the Lifeline website to learn more about their services, how to link to their website, and how to post their logo on your website:

www.suicidepreventionlifeline.org



8. CREATE SAFE AND EFFECTIVE MESSAGES

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

<http://suicidepreventionmessaging.actionallianceforsuicideprevention.org/>



9. INFORM THE MEDIA

that they play a powerful role in educating the public about suicide prevention. Share *Recommendations for Reporting on Suicide* with print, radio, and television media contacts, and encourage them to use the guidelines when producing pieces for Suicide Prevention Day, Week, or Month. Find the recommendations here:

<http://reportingonsuicide.org/>



10. LEARN MORE

about suicide loss survivor support and advocacy options here:

AFSP website:

<http://www.afsp.org/coping-with-suicide-loss>

AAS website:

<http://www.suicidology.org/suicide-survivors/suicide-loss-survivors>



11. DISSEMINATE RESOURCES

for and about suicide attempt survivors, including the following:

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

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

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>



Suicide Prevention Resource Center

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www.sprc.org | 877-GET-SPRC (877-438-7772)

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