

SUICIDE PREVENTION MONTH

Toolkit



WHY SUICIDE PREVENTION MONTH MATTERS

This informational packet includes ideas and suggestions of activities which you can participate in to help build awareness within your community. Articles have been provided for you to share either with an individual or for publication. Suggestions for social media outreach have also been included.

Suicide is the second leading cause of death for young people ages 10 – 24. It is also one of the leading causes of PREVENTABLE death. We lose approximately 130 young people in this age group to suicide each week. FOUR out FIVE teens who attempt suicide have given clear warning signs. That means in 80% of these cases we have an opportunity to intervene and possibly save a young person who is at-risk.

September is Suicide Prevention Awareness Month. National Suicide

Prevention Week is September 4 – 10, 2022, with World Suicide Prevention Day on the 10th. During this day, week and month, individuals and organizations alike will be drawing attention to the problem of suicide and raise awareness of the impact of prevention.

Anyone can participate in Suicide Prevention Awareness Month. There are activities that individuals, schools, businesses, churches, and all types of organizations can conduct to bring awareness to suicide prevention. The awareness generated in September has the potential to have an enormous impact in our communities, our state, and in our nation, even the chance to save a life. The theme this year is “Be the one too”. Voices for Prevention would like to encourage you to consider being a part of this very important month by helping to create awareness.



World Suicide Day

SEPTEMBER 10

Suicide prevention remains a universal challenge.

Every year, suicide is among the top 20 leading causes of death globally for people of all ages. It is responsible for over 800,000 deaths, which equates to one suicide every 40 seconds. Every life lost represents someone's partner, child, parent, friend or colleague. For each suicide approximately 135 people suffer intense grief or are otherwise affected. This amounts to 108 million people per year who are profoundly impacted by suicidal behavior. Suicidal behavior includes suicide, and also encompasses

suicidal ideation and suicide attempts. For every suicide, 25 people make a suicide attempt and many more have serious thoughts of suicide.

Suicide is the result of a convergence of genetic, psychological, social and cultural and other risk factors, sometimes combined with experiences of trauma and loss. People who take their own lives represent a heterogeneous group, with unique, complex and multifaceted causal influences preceding their final act. Such heterogeneity presents challenges for suicide prevention experts. These challenges can be overcome by adopting a multilevel and cohesive approach to suicide prevention.

Preventing suicide is often possible and you are a key player in its prevention!

You can make a difference – as a member of society, as a child, as a parent, as a friend, as a colleague or as a neighbor. There are many things that you can do daily, and on World Suicide Prevention Day (WSPD), to prevent suicidal behavior. You can raise awareness about the issue, educate yourself and others about the causes of suicide and warning signs for suicide, show compassion and care for those who are in distress in your community, question the stigma associated with suicide, suicidal behavior and mental health problems and share your own experiences.

prevention



hard
work

It takes work to prevent suicide.

The positive benefits of this work are infinite and sustainable and can have a massive impact. The work can affect not only those in distress but also their loved ones, those working in the area and also society as a whole. We must endeavor to develop evidence-based suicide prevention activities that reach those who are struggling in every part of the world.

Social Media

GUIDELINES

How to do your part on social media?

The purpose of this one-pager is to provide all of the information you need to help promote, discuss, and share all-things #SuicidePrevention Month! Every post, tweet, and photo makes an monumental difference to making our cause more seen.



Instagram.com/v4pga• How To Make The Most of Your Post? Follow us on Instagram for updates, photos, info graphics and more! You can boost visibility by Sharing our posts with your followers on your Story. V4P will be providing resources, giveaways, and host movie screenings throughout the month. In support of American Association of Suicidology national theme for Suicide Prevention Month, V4P wants to hear from you. Using the hashtag #AAS365 and tell us what is suicide prevention to you? Make your voice known! Hashtags to use: #V4PGA, #SPM2022,



Facebook.com/v4pga• How To Make The Most of Your Post? Share our EVENT with your friends and followers. "Like" our page as well for updates! V4P will be providing resources, giveaways, and host movie screenings throughout the month. In support of American Association of Suicidology national theme for Suicide Prevention Month, V4P wants to hear from you. Using the hashtag #AAS365 and tell us what is suicide prevention to you? Make your voice known! Hashtags to use: #V4PGA, #SuicidePreventionIs, #AAS365, #bethelto and #SPM2022



Twitter.com/v4pga• How To Make The Most of Your Post? Follow us on Twitter. Tweet from your own account about your experience regarding Suicide Prevention Month all September. Your tweets will likely be re-tweeted by our account. V4P will be providing resources, giveaways, and host movie screenings throughout the month. In support of American Association of Suicidology national theme for Suicide Prevention Month, V4P wants to hear from you. Using the hashtag #AAS365 and tell us what is suicide prevention to you? Make your voice known! Hashtags to use: #V4PGA, #SPM2022, #SuicidePreventionIs, #AAS365 & #Bethelto

INSTAGRAM & FACEBOOK STORIES

Think of Stories a little similar to Tweets, but these always include photos. These are snapshots, selfies, whatever you want to share, and if you mention our handle, it will be shared to our followers as well!

Suicide Prevention Month

CALENDAR OF EVENTS

- Sept. 4-10 Suicide Prevention Week celebrating real stories.
- Sept. 8 DBHDD Suicide Prev. Virtual Summit
- Sept. 10 Suicide Prevention Day
- Sept. 12- 18 Prevention Resources Week
- Sept. 14 Movie Screening
- Sept. 19 – 25 #V4PforHope
- Sept. 26-30 Youth Week
- Sept. 27 Scavenger Hunt
- Sept. 30 Quarterly Newsletter

Movie Screening

9/14/22 2pm - Tell My Story

"As a husband and father, Jason was hit with a devastating blow of grief, loss and despair. The truth was almost too painful to comprehend: his son had struggled with depression in silence and in secret. And suddenly, he was gone.

Over the next year, as Jason had time to grieve and began to pick the pieces back up in his personal life, there was a question looming: how was this possible? And further: how had he missed it? As someone deeply involved and connected to his kids, how had he not seen the signs that Ryan was struggling?

There were no clear answers. But as a man who had built his entire life on the principles of taking ownership for everything that happens to you, there was also no way Jason was willing to remain idle. Instead of pulling away from the pain, he decided to move towards it."

The film will interview families, doctors, counselors, experts, and leaders to explore:

- How families need to be talking about mental health and asking the right question
- How parents need to take ownership for their kids mental health the same way they do for their physical health
- The importance of vulnerable conversations about depression and suicide

Join Zoom Meeting:

<https://us02web.zoom.us/j/85230027870?pwd=RVFnak9hR1cwc2dmTi9mdHVOTGgyUT09>

Meeting ID: 852 3002 7870

Join by Phone: (646) 558 8656

Who is V4P?



Who is V4P?

We are an advocacy and networking initiative that provides substance abuse prevention and suicide prevention: policy education, legislative updates, webinars, and prevention-related activities.

What is our mission?

Our mission is to build a unified statewide voice for substance abuse prevention and suicide prevention by collaborating with diverse groups of prevention specialists, coalitions, community members, youth action teams, and individuals with an interest in and a commitment to substance abuse prevention and suicide prevention.

Available memberships:

General Substance Abuse Prevention membership;
Substance Abuse Prevention Advocacy membership;
General Suicide Prevention membership; Suicide Prevention Advocacy membership.

Members will receive quarterly newsletters as well as legislative updates. Members will be entitled to member-only webinars. Members will be informed of statewide activities and events pertaining to Substance Abuse Prevention and/or Suicide Prevention.

SIGN UP TODAY AT: V4PGA.ORG

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