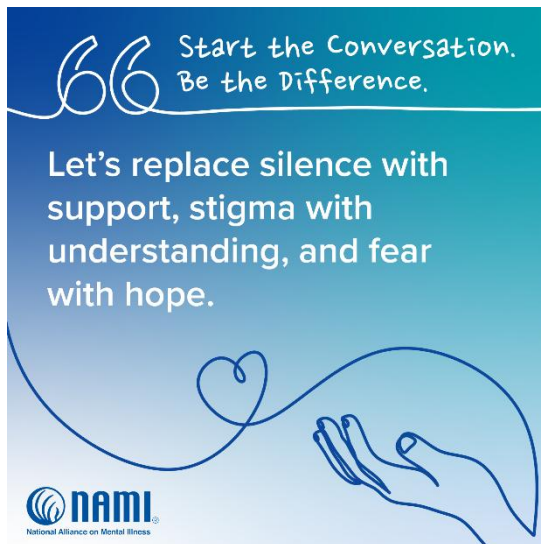


SAMPLE TEXT FOR BRIDGEWAY BEACON:



September is National Suicide Prevention Month

A time to raise awareness, reduce stigma, encourage open conversations, and remind people that support is available.

By the Bridgeway Zero Suicide Committee

At Bridgeway, suicide prevention is an organization-wide commitment. The **Bridgeway Zero Suicide Committee** works to strengthen a culture in which individuals are met with compassion, listened to without judgment, and connected with the support they need.

Sometimes that support begins long before someone reaches a crisis point. Feelings of dread, hopelessness, anxiety, emotional distress, or simply being overwhelmed by life can be difficult to manage alone. Bridgeway is here to help people navigate those moments, connect with care, and find a path forward.

Every interaction can make a difference. A conversation, a question, or simply taking the time to listen can help someone feel seen, heard, valued, and less alone.

Suicide Prevention Month is also an important reminder that we should not be afraid to ask the hard questions. Open and caring conversations about suicide do not increase a person's risk. They can create an opportunity for connection, support, and hope.

Across Bridgeway, we believe that every door is the right door. Whether someone is struggling with their mental health, feeling overwhelmed or unsure where to turn, or experiencing a more immediate behavioral health crisis, our goal is to help connect them with the care and support they need.

We are also grateful for community partners such as NAMI, the National Alliance on Mental Illness, which provides education, support, advocacy, and resources for individuals living with mental health conditions and for their families and loved ones. Strong partnerships like these help build a broader network of understanding, connection, and hope.

This September, the Bridgeway Zero Suicide Committee encourages all of us to continue building communities where people know they matter, asking for help is encouraged, support is within reach, and no one has to navigate life's challenges alone.

Bridgeway Is Here to Help

Feeling overwhelmed, distressed, or in need of behavioral health support? Call 877-692-5664 to Access Bridgeway Behavioral Health Services.

Suicide Prevention and Mental Health Resources

- [**988 Suicide & Crisis Lifeline**](#)
Call or text **988** for free, confidential crisis support.
- [**NAMI – National Alliance on Mental Illness**](#)
A valued Bridgeway partner providing mental health education, support programs, resources, advocacy, and opportunities for individuals and families to connect with others who understand what they are experiencing.
- [**SAMHSA Suicide Prevention Month Toolkit**](#)
Information and resources for raising awareness, encouraging conversations, and supporting suicide prevention efforts.
- [**Zero Suicide Institute**](#)
Resources and tools supporting the Zero Suicide approach to suicide prevention in behavioral health care.