



September is Suicide Prevention Awareness Month!

Greetings,

Juneau Suicide Prevention Coalition and Nami Juneau have events scheduled throughout September to bring public awareness and participation in community suicide prevention efforts (see Event Schedule link below). As a coalition, and a small non-profit, we rely on community partnerships. Please accept this letter as a brief introduction to what our organizations do, a request for your support, and some suggested opportunities on ways to support suicide prevention in Juneau.

September 2022 Community Suicide Prevention Awareness Month Events

Juneau Suicide Prevention Coalition (JSPC)

JSPC is a coalition of community members and organizations committed to reducing the loss and suffering caused by suicide and suicidal behavior. To lessen the incidence of suicide and the stigma associated with it, we offer community information and education. Customized community and corporate trainings are available free of charge. We also support families and community members who have lost loved ones and facilitate several age-appropriate programs in the Juneau schools. Other activities include hosting community events to promote mental wellness, connection, and suicide prevention awareness. Current activities include conducting a Juneau Mental Health Community Needs Assessment to improve mental healthcare and access for *all* Juneau residents. Partnering with neighboring SE Alaska communities to support their suicide prevention efforts will resume in the fall. For more information, please visit juneausuicideprevention.org.

NAMI Juneau (National Alliance for Mental Illness)

At NAMI Juneau, we provide education, advocacy, support, and public awareness so individuals affected by mental illness can build better lives. We provide free, confidential, drop-in support groups for individuals who want to talk about their own mental health as well as for individuals who are supporting a loved one living with a mental health condition. Throughout the year we offer Peer Support Specialist training opportunities and NAMI educational programs including Peer-to-Peer and Family-to-Family. Most importantly, anyone is welcome to reach out to us if they are wanting support in finding mental health resources for themselves or a loved one. Find out more at namijuneau.org.

Ways to Support Juneau Suicide Prevention Efforts

There are several ways to support Juneau Suicide Prevention efforts, some of which may not be listed here. Please know that all support is appreciated and if you have additional questions or thoughts you would like to share, we can be contact at juneausuicideprevention@gmail.com.

- **Sponsor a Suicide Prevention Awareness Month Event** (Please contact Tina at tdeasiswright@namijuneau.org to submit your pledge amount and your logo.)
- **Make a general financial donation to support Juneau Suicide Prevention Coalition.** If are interested in supporting specific activities or efforts, please indicate that on your donation.
 - Mail a check to NAMI Juneau, 9109 Mendenhall Mall Rd, Ste. 5, Juneau, AK 99801
 - Make an [online donation](#) on the Juneau Suicide Prevention website.
- **Volunteer at one of the Suicide Prevention Awareness Month events.** (Please contact Tina at tdeasiswright@namijuneau.org
- **Join the Coalition by attending monthly meetings and signing up for monthly newsletters.**
 - Next Coalition Meeting, Wednesday, August 17th, 3:00-4:30pm on Zoom (3rd Wednesday of each month from 3:00-4:30pm) [Register here.](#)
 - Sign up for the [JSPC Newsletter](#) on the Juneau Suicide Prevention website.

Thank You for Your Consideration!

Juneau Suicide Prevention Coalition
Juneausuicideprevention@gmail.com

Creating a community where *all* individuals have a sense of belonging, connectedness to others, and value their lives.

