

# MINDFUL MONDAY

Learn the signs! (Be MINDFUL of what to look for.)

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#take5tosavelives

**LEARN THE SIGNS**



Take a few minutes to learn the warning signs of suicide.

Learn the warning signs of suicide to identify when you or someone you care about needs help. It can be life saving.

Complete this step at [www.take5tosavelives.org](http://www.take5tosavelives.org)

**TAKE 5 TO SAVE LIVES**



## Daily Challenge:

Go online to [www.take5tosavelives.org](http://www.take5tosavelives.org) and learn the signs by completing step 1! Talk to your family and friends about what you have learned. Do they know the signs to look for?

## Inspiration for the day!

“The best way to capture moments is to pay attention. This is how we cultivate mindfulness.” – Jon Kabat-Zinn

# THOUGHTFUL TUESDAY

Know how to help. (How to fight this together!)

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**KNOW HOW TO HELP**

Know what to say and do if someone you know is having thoughts of suicide.

Learn the four important steps you can take to help someone who is experiencing thoughts of suicide. You CAN help!

Complete this step at [www.take5tosavelives.org](http://www.take5tosavelives.org)

**TAKE 5 TO SAVE LIVES**

**Ask** if the person is thinking about suicide. Be Direct. Use specific words like “suicide,” “kill yourself,” “take your life.”

**Listen** without judgement. Let the person talk without interruption and make them feel heard.

**Respond** with kindness and care. Always take the person seriously.

**Follow up** with the person and support their transition from crisis to recovery.

## Daily Challenge:

Go online to [www.take5tosavelives.org](http://www.take5tosavelives.org) and learn how to help by completing step 2! Talk to your family and friends about what you have learned. Do they know how to help others?

If you are interested in learning more you can take a free mental health first aid training offered locally. To register for a local mental health first aid class go online to [www.mentalhealthfirstaid.org/take-a-course/find-a-course/](http://www.mentalhealthfirstaid.org/take-a-course/find-a-course/)

## Inspiration for the day!

“The best way to capture moments is to pay attention. This is how we cultivate mindfulness.” – Jon Kabat-Zinn

# WELLNESS WEDNESDAY

## Practice Self-Care!

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PRACTICE SELF CARE

Make mental wellness a priority in your life

Mental wellness is crucial to our overall health. Learn a few self-care tips that can help keep you mentally strong!

Complete this step at [www.take5tosavelives.org](http://www.take5tosavelives.org)

TAKE 5 TO SAVE LIVES

### What is Self-Care?

Self-care refers to activities that can be done to ensure physical and mental fitness. Self-care is necessary and important part of every individual's overall health.

### Ways to practice self-care:

Make time for yourself, do things that you enjoy, get good sleep, eat healthy foods, exercise, manage your stress, and ask for help!

### Daily Challenge:

Go online to [www.take5tosavelives.org](http://www.take5tosavelives.org) and learn more about self-care by completing step 3! Spend 15 minutes doing something you enjoy and that is good for you!

### Inspiration for the day!

“Almost everything will work again if you unplug it for a few minutes, including yourself.” – Anne Lamott

# TOGETHERNESS THURSDAY

Reach out! Know where to turn for help!



## Reach out for Help!

Reaching out is the most important step to taking care of yourself. Never be afraid to reach out. Talk to a close friend or family member you trust, call a hotline or helpline, talk with a therapist or guidance counselor, read other's stories of hope and recovery to learn how they have gotten through a difficult time in their life!

## Where to turn for help?

National Suicide Prevention Hotline:  
1-800-273-TALK (8255)  
Crisis Text Line – TEXT "GO" to 741-741

## Daily Challenge:

Go online to [www.take5tosavelives.org](http://www.take5tosavelives.org) and learn more about reaching out for help by completing step 4! Reach out to someone you trust and talk with them about what you are feeling!

For more information on how to get into counseling services through BayCare Behavioral Health call our registration number at 1-866-762-1743.

## Inspiration for the day!

“Asking for help isn't WEAK, it's what makes us STRONG!”

# FRONTPAGE FRIDAY

Spread the word!

A graphic for the 'Take 5' challenge. It features a large number '5' in the top left corner. In the top right, the hashtag '#take5tosavelives' is displayed. The central focus is a blue circular icon with a hand cursor pointing upwards, surrounded by the text 'SPREAD THE WORD' in a curved path. Below this icon, the text reads 'Pledge to tell 5 people about Take 5 and World Suicide Prevention Day'. Underneath that, it says 'Join the movement on social media and invite 5 friends to Take 5!'. At the bottom of the graphic, there are social media icons for Twitter and Facebook, both with the handle '@take5savelives'. A dark blue banner at the very bottom contains the text 'Complete this step at www.take5tosavelives.org' and the 'TAKE 5 TO SAVE LIVES' logo, which consists of the word 'TAKE' in orange, a large '5' in a white square, and 'TO SAVE LIVES' in orange below it.

**Tell your family and friends!**

**Tell at least 5 people about the Take 5 challenge and World Suicide Prevention Day (Sept 10<sup>th</sup>)!**

**Share on social media!**

**Share the take 5 challenge using  
#take5tosavelives #preventsuicide  
#WSPD #weRhopeFL**

## Daily Challenge:

Go online to [www.take5tosavelives.org](http://www.take5tosavelives.org) and learn more about spreading the word by completing step 5! Post a take 5 selfie on social media and share the take 5 challenge with at least 5 people! Chance to win a gift card!!! Share the #werhopefl throughout the month to promote suicide prevention and at the end of September a winner will be chosen!

## Inspiration for the day!

“Positivity spreads Happiness and Happiness spreads Positivity!” – Sneha Kaushik