

September is National Suicide Prevention Month. All month, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness. Each year, more than 41,000 individuals die by suicide, leaving behind their friends and family to deal with the tragedy of the loss of a loved one. Suicidal thoughts, like mental health conditions, can affect anyone regardless of age, gender or background. Suicide is often the result of an untreated mental health condition. This month is a time to share resources and stories in order to shed light on this highly taboo and stigmatized topic. #BeThe1To is the National Suicide Prevention Lifeline's message for National Suicide Prevention Month. The goal is to help spread the word about actions we can all take to prevent suicide. The Lifeline network and its partners are working to change the conversation from suicide to suicide prevention, to actions that can promote healing, help and hope. Visit www.suicidepreventionlifeline.org for more information. National Suicide Prevention Lifeline 1-800-273-TALK (8255)

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