

Suicide Prevention Week Activity Tip Sheet

Suicide Prevention Week Tips & Resources

Each Mind Matters: California's Mental Health Movement supports that suicide prevention matters. For the past four years, county behavioral health agencies have invested in statewide efforts to prepare Californians to prevent suicide by knowing the warning signs for suicide, finding the words to talk with a person they are concerned about and reaching out to local resources. One of these efforts is the statewide suicide prevention social marketing initiative **Know the Signs**.

Sept. 7-13 marks **Suicide Prevention Week**. **Suicide Prevention Day** is on Sept. 10, and **International Survivors of Suicide Loss Day** is Nov. 21. People in California and across the globe will come together to spread awareness about the warning signs of suicide and offer support to those who have lost someone to suicide. This year the theme for suicide prevention week is **Preventing Suicide: Reaching Out and Saving Lives**. Here are ways in which you can be supportive:



Know the Signs. Find the Words. Reach Out.

Learn how you can help someone who may be at risk for suicide by visiting www.suicideispreventable.org to get informed. Share a link on your own website and share the information with others in your network.



Start conversations: Everyone has a role to play when it comes to preventing suicides.

Reach out to someone new and begin a conversation about suicide prevention. For example, ask local businesses to display a poster or your local fitness center to display buttons and brochures. Campaign materials are available in English and Spanish, as well as Chinese, Hmong, Khmer, Korean, Lao, Tagalog, and Vietnamese. All materials can be downloaded in the **Resource Center** on www.yourvoicecounts.org



Invite young people to direct change:

The **Directing Change Program & Film Contest** encourages young people to create 60-second films about suicide prevention or mental health. Encourage participation, host a local screening, or ask your local movie theater to screen films. For more information and to download films visit www.directingchange.org



Show your support: Many communities host suicide prevention walks and events.

By showing up, you demonstrate to people who have lost friends and family to suicide that their loved ones are not forgotten and their pain is recognized. Find local activities by contacting your local county mental health department. You can also look for or submit your own suicide prevention activity on the Each Mind Matters events page: www.eachmindmatters.org/events.



Host a training:

Suicide prevention gatekeeper trainings provide people with the skills to assist individuals in an emotional crisis. Get trained yourself or offer a training at your organization. Trainings range from one-hour events, such as **Question, Persuade and Refer (QPR)** to more involved trainings, such as **safeTALK** or **ASIST**. Contact your local county mental health department or email kathleen.snyder@livingworks.net for **safeTALK** or **ASIST** trainings in your area.



Join California's Mental Health Movement!

Each Mind Matters believes that suicide prevention matters. Wearing a lime green ribbon or a Know the Signs button is a great way to open an honest dialogue with friends, family, classmates and co-workers about mental health and how they are feeling. To order ribbons or buttons and for other ways to get involved in the movement visit www.eachmindmatters.org