

SUICIDE PREVENTION MONTH

Toolkit



WHY SUICIDE PREVENTION MONTH MATTERS

This informational packet includes ideas and suggestions of activities which you can participate in to help build awareness within your community. Articles have been provided for you to share either with an individual or for publication. Suggestions for social media outreach have also been included.

Suicide is the second leading cause of death for young people ages 10 – 24. It is also one of the leading causes of PREVENTABLE death. We lose approximately 130 young people in this age group to suicide each week. FOUR out FIVE teens who attempt suicide have given clear warning signs. That means in 80% of these cases we have an opportunity to intervene and possibly save a young person who is at-risk.

September is Suicide Prevention

Awareness Month. National Suicide Prevention Week is September 6 – 12, 2020, with World Suicide Prevention Day on the 10th. During this day, week and month, individuals and organizations alike will be drawing attention to the problem of suicide and advocating the prevention of this tragedy.

Anyone can participate in Suicide Prevention Awareness Month. There are activities that individuals, schools, businesses, churches, and all types of organizations can conduct to bring awareness to suicide prevention. The awareness generated in September has the potential to have an enormous impact in our nation, even the chance to save a life. Voices for Prevention would like to encourage you to consider being a part of this very important week by helping create awareness.



World Suicide Day

SEPTEMBER 10

Suicide prevention remains a universal challenge.

Every year, suicide is among the top 20 leading causes of death globally for people of all ages. It is responsible for over 800,000 deaths, which equates to one suicide every 40 seconds. Every life lost represents someone's partner, child, parent, friend or colleague. For each suicide approximately 135 people suffer intense grief or are otherwise affected. This amounts to 108 million people per year who are profoundly impacted by suicidal behavior. Suicidal behavior includes suicide, and also encompasses

suicidal ideation and suicide attempts. For every suicide, 25 people make a suicide attempt and many more have serious thoughts of suicide.

Suicide is the result of a convergence of genetic, psychological, social and cultural and other risk factors, sometimes combined with experiences of trauma and loss. People who take their own lives represent a heterogeneous group, with unique, complex and multifaceted causal influences preceding their final act. Such heterogeneity presents challenges for suicide prevention experts. These challenges can be overcome by adopting a multilevel and cohesive approach to suicide prevention.

Preventing suicide is often possible and you are a key player in its prevention!

You can make a difference - as a member of society, as a child, as a parent, as a friend, as a colleague or as a neighbor. There are many things that you can do daily, and on World Suicide Prevention Day (WSPD), to prevent suicidal behavior. You can raise awareness about the issue, educate yourself and others about the causes of suicide and warning signs for suicide, show compassion and care for those who are in distress in your community, question the stigma associated with suicide, suicidal behavior and mental health problems and share your own experiences.

World Suicide Prevention Day

It takes
work

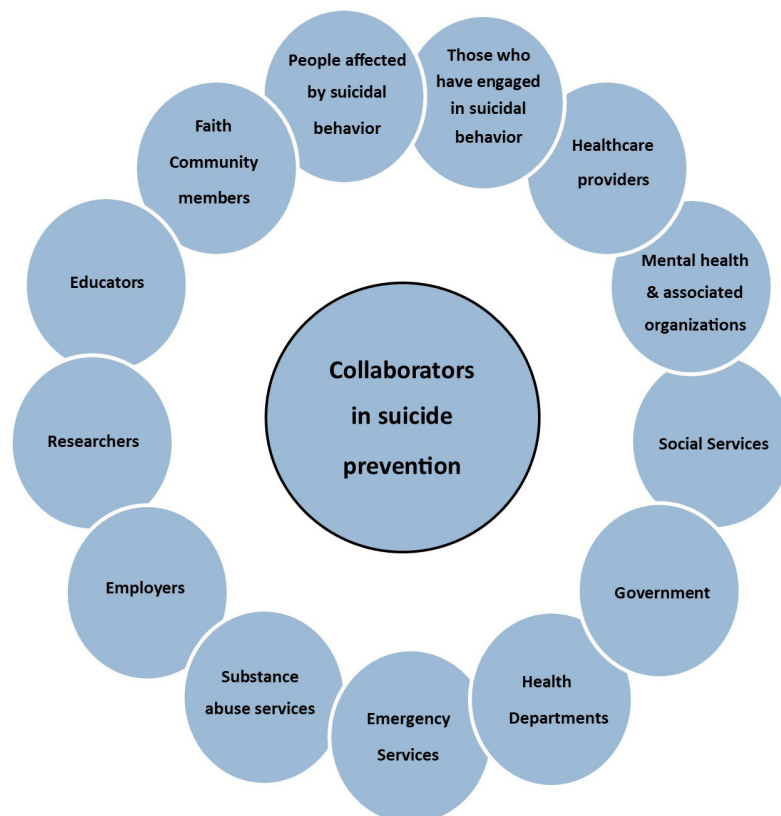
It takes work to prevent suicide.

The positive benefits of this work are infinite and sustainable and can have a massive impact. The work can affect not only those in distress but also their loved ones, those working in the area and also society as a whole. We must endeavor to develop evidence-based suicide prevention activities that reach those who are struggling in every part of the world.

Joining together is critical to preventing suicide.

Preventing suicide requires the efforts of many. It takes family, friends, co-workers, community members, educators, religious leaders, healthcare professionals, political officials and governments.

Suicide prevention requires integrative strategies that encompass work at the individual, systems and community level. Research suggests that suicide prevention efforts will be much more effective if they span multiple levels and incorporate multiple interventions. This requires the involvement of interventions that occur in communities and involve social and policy reforms, as well as interventions that are delivered directly to individuals. To reach our common goal in preventing suicidal behavior we as the public, we as organizations, we as legislators and we as members of society must work collaboratively, in a coordinated fashion, using a multidisciplinary approach.



Place your hand
over your heart, can
you feel it? That is
called purpose. You're
alive for a reason so
don't ever give up.



Everyone can make a contribution in preventing suicide.

Suicidal behavior is universal, knows no boundaries so it affects everyone. The millions of people affected each year by suicidal behavior have exclusive insight and unique voices. Their experiences are invaluable for informing suicide prevention measures and influencing the provision of supports for suicidal people and those around them. The involvement of people with lived experience of suicide in research, evaluation and intervention should be central to the work of every organization addressing suicidal behavior.

The WSPD theme is “Working Together to Prevent Suicide.” We have chosen this theme as it highlights the most essential ingredient for effective global suicide prevention—collaboration. We all have a role to play and together we can collectively address the challenges presented by suicidal behavior in society today. On September 10th, join with us and many others across the world who are playing their part in the prevention of suicide. Be sure to involve or invite other local organizations and collaborators to organize an event to mark WSPD 2020.

International Association for Suicide Prevention (IASP)

The IASP is preparing “World Suicide Prevention Day Light a Candle Near a Window at 8 PM” e-cards or postcards in various languages so supporters can send these reminders to friends, colleagues and loved ones. Also, these e-cards or postcards can be used by bloggers, writers and others so that they can share information about suicide, suicide prevention and World Suicide Prevention Day.

[Click here to find e-cards or postcards in 63 languages.](#)

Social Media

GUIDELINES

How to do your part on social media?

The purpose of this one-pager is to provide all of the information you need to help promote, discuss, and share all-things #SuicidePrevention Month! Every post, tweet, and photo makes an monumental difference to making our cause more seen.



Instagram

[Instagram.com/v4pga](https://www.instagram.com/v4pga) · **How To Make The Most of Your Post?**

Follow us on Instagram for updates, photos, info graphics and more! You can boost visibility by Sharing our posts with your followers on your Story. V4P is having a virtual art gallery to find out what you see suicide prevention as. Use the #Art4Prevention and post a picture of your art whether it's a painting, poem, drawing, or collage of what suicide prevention means to you. When you submit your artwork, you will automatically be entered into a V4P raffle prize. All posts using the #Art4Prevention will be highlighted on our website and entered into a raffle for a V4P basket giveaway! Make your voice known! Hashtags to use: #V4P, #ConnectingHope, #SuicidePrevention, & #Art4Prevention.



Facebook

[Facebook.com/v4pga](https://www.facebook.com/v4pga) · **How To Make The Most of Your Post?**

Share our EVENT with your friends and followers. "Like" our page as well for updates! V4P is having a virtual art gallery to find out what you see suicide prevention as. Use the #Art4Prevention and post a picture of your art whether it's a painting, poem, drawing, or collage of what suicide prevention means to you. When you submit your artwork, you will automatically be entered into a V4P raffle prize. All posts using the #Art4Prevention will be highlighted on our website and entered into a raffle for a V4P basket giveaway! Make your voice known! Hashtags to use: #V4P, #ConnectingHope, #SuicidePrevention, & #Art4Prevention.



Twitter

[Twitter.com/v4pga](https://www.twitter.com/v4pga) · **How To Make The Most of Your Post?**

Follow us on Twitter. Tweet from your own account about your experience regarding Suicide Prevention Month all September. Your tweets will likely be re-tweeted by our account. V4P is having a virtual art gallery to find out what you see suicide prevention as. Use the #Art4Prevention and post a picture of your art whether it's a painting, poem, drawing, or collage of what suicide prevention means to you. When you submit your artwork, you will automatically be entered into a V4P raffle prize. All posts using the #Art4Prevention will be highlighted on our website and entered into a raffle for a V4P basket giveaway! Make your voice known! Hashtags to use: #V4P, #ConnectingHope, #SuicidePrevention, & #Art4Prevention.

INSTAGRAM & FACEBOOK STORIES

Think of Stories a little similar to Tweets, but these always include photos. These are snapshots, selfies, whatever you want to share, and if you mention our handle, it will be shared to our followers as well!

Suicide Prevention Month

ACTIVITIES

V4P is excited to present the below Suicide Prevention Month activities for 2020. New themed activities will be posted daily with instructions on all of our social media platforms (Twitter, Instagram, and Facebook) under V4PGA; as well as our website at v4pga.org. If you are interested in participating in any of the themed week activities, you can go to any of our social media pages or our website for more information.

Week 1

Self-Care

9/1 - 9/5

- **Sept. 1** Self-care through journaling
 - **Sept. 2** Self-care through exercise
 - **Sept. 2** Suicide Prevention Month Kick-Off Event at 2pm
 - **Sept. 3** Self-care through meditation
 - **Sept. 4** Self-care through therapy
 - **Sept. 5** Self-care through outdoor activities
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Week 2

Organization Highlights

9/6 - 9/12

- **Sept. 6-12** During this week we will be highlighting state and national organizations working on suicide prevention.
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Week 3

Prevention Through Art

9/13 - 9/19

- **Sept. 13** Prevention through poetry
 - **Sept. 14** Prevention through dance
 - **Sept. 15** Prevention through painting
 - **Sept. 16** Prevention through literature/books
 - **Sept. 17** Prevention through music
 - **Sept. 18** Prevention through Film and theatre
 - **Sept. 18** Screening of The Ripple Effect documentary
 - **Sept. 19** Prevention through photography
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Week 4

Real Voices

9/20 - 9/26

- **Sept. 20- 26** We will highlight pre-recorded stories from suicide attempt survivors, loss survivors, individuals with mental health issues, and mental health care professionals.
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Week 5

Youth Week

9/26 - 9/30

- **Sept. 27** Virtual Scavenger Hunt
 - **Sept. 28** Virtual Art Gallery # Ends & PSA: Coping Mechanisms
 - **Sept. 29** Youth Online Activity
 - **Sept. 30** Virtual Art Gallery Collage Presented
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Movie Screenings

9/10/20 - The S Word:

THE S WORD skillfully weaves stories of survivors from a cross-section of America including LGBT, African American and Asian American communities, who candidly share their profoundly emotional stories of trauma, mental health challenges, survival, and advocacy. The film's narrative flows organically from one story to the next, starting with personal moments and building emotional momentum before widening out to show how their journeys are driving the national movement to take the "S" word from unthinkable to preventable.

9/18/20 - The Ripple Effect:

"Suicide: The Ripple Effect" is a feature length documentary film and MOVEMENT, focusing on the devastating effects of suicide and the tremendous positive ripple effects of advocacy, inspiration and hope that are helping millions heal & stay alive. Seen by over 500,000 people already, across 7 countries, this film is having a global impact.

The film highlights the journey of Kevin Hines, who at age 19, attempted to take his life by jumping from the Golden Gate Bridge. Today Kevin is a world-renowned mental health advocate, motivational speaker and author who travels the globe spreading a message of hope, recovery and wellness.

Suicide Prevention Week

SUGGESTED ACTIVITIES

September 6th – Call and talk to someone today. Whether it is a friend or therapist, talking to someone about your stress and depression can reduce your stress/anxiety levels.

September 7th – Take a moment to go outside and get some fresh air. Connecting to nature and its elements is a great way to connect to your inner voice and relax. Studies have shown being in nature lowers stress levels, improves productivity, and promotes happiness. Some outdoor self-care activities are going for a walk, gardening, taking a hike, and laying out in a hammock.

September 8th – GUIDE is hosting a Understanding Trauma through ACES Science Webinar from 10-12 (\$10). (<https://guideinc.org/youth-development/adult-training-events/>)

September 9th – Support and follow an organization that works in suicide prevention.

September 10th – Go to www.v4pga.org and enjoy the screening the movie 'The S Word' open for public view. GUIDE is hosting two opportunities: 1. Virtual Community Dialogue on Suicide from 4 to 5:30 pm (Free). I will forward the flyers and information as soon as it is finished. 2. Building Resilience Through Relationships Webinar from 10-12 (\$10). (<https://guideinc.org/youth-development/adult-training-events/>)

September 11th – Journaling is a useful tool in managing overwhelming emotions that can make day to day activities hard. By writing down your thoughts, problems, fears, and concerns it allows for you to track/recognize your triggers and begin to identify your stressors. It can also provide you with the opportunity for positive self-talk. Try taking time out today to journal.

September 12th – Exercise is great way to increase endorphins and improve your physical health. Exercise does not always mean running or lifting weights. You can practice yoga and learn the art of centering yourself. You can do a light 15min workout at home to get your blood pumping before taking on the day's tasks.

Additional Ideas:

- Host a QPR or YMHFA training for your community.

- Whiteboard Affirmations (in-person) - have participants stand at the whiteboard or big paper and other team member come around and write what they like about that person or what they bring to the group that's positive around that person with dry erase markers. Take a picture to share with the person so they can see their comments after they step away.

- Record video PSA addressing stigma about asking for help when you are feeling down

Who is V4P?



Who is V4P?

We are an advocacy and networking initiative that provides substance abuse prevention and suicide prevention: policy education, legislative updates, webinars, and prevention-related activities.

What is our mission?

Our mission is to build a unified statewide voice for substance abuse prevention and suicide prevention by collaborating with diverse groups of prevention specialists, coalitions, community members, youth action teams, and individuals with an interest in and a commitment to substance abuse prevention and suicide prevention.

Available memberships:

General Substance Abuse Prevention membership; Substance Abuse Prevention Advocacy membership; General Suicide Prevention membership; Suicide Prevention Advocacy membership.

Members will receive quarterly newsletters as well as legislative updates. Members will be entitled to member-only webinars. Members will be informed of statewide activities and events pertaining to Substance Abuse Prevention and/or Suicide Prevention.

SIGN UP TODAY AT: V4PGA.ORG

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D·B·H·D

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