

SEPTEMBER IS NATIONAL SUICIDE PREVENTION AWARENESS MONTH

Though suicide prevention is important to address year-round, [*September is Suicide Prevention Awareness Month*](#) and provides a dedicated time to come together with collective passion and strength around a difficult topic.

We can all benefit from honest conversations about mental health conditions and suicide because just one conversation can change a life. Asking a friend or loved one if they are thinking about suicide will not put the idea in their head, it will tell them you are someone who is willing to talk about it.

[NAMI](#) has identified some of the risks and signs of suicide:

Know The Warning Signs, if a person:

- Makes threats or comments about killing themselves, also known as suicidal ideation. This can begin with seemingly harmless thoughts like “I wish I wasn’t here” but can become more overt and dangerous
- Has increased alcohol and drug use
- Exhibits aggressive behavior
- Experiences social withdrawal from friends, family and the community
- Exhibits dramatic mood swings
- Is talking, writing or thinking about death
- Engages in impulsive or reckless behavior
- Gives away prized possessions

#BeThe1To:[#BeThe1To](#) is the National Suicide Prevention Lifeline's message for National Suicide Prevention Month and beyond, which helps 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 give hope.

Visit [Take 5 to save lives](#) website

1. Learn the signs
2. Know how to help
3. Practice Self Care
4. Reach out
5. Spread the Word

Remind your students:

- If your friend tells you they are thinking about killing themselves, it is too much to carry alone. A mad friend is better than a dead friend.

- A trusted adult can help carry the load when they feel suicidal or a friend shares they are thinking of suicide.
- A trusted adult can be anyone not just a counselor, social worker, or psychologist.
- Sometimes trusted adults mess up and don't give a supportive response. Don't give up, connect with another person.

Suicide Prevention Support:

[National Suicide Prevention Hotline](#) 1 800 273 8255

[National Suicide Prevention Hotline for Spanish speakers](#) 1 888 628 9454

[Oregon Youthline](#)

Call: 877 968 8491

Text: Teen2Teen to 839863

[Trans Lifeline](#) For Transgender Youth

877 565 8860

[The Trevor Project](#) For LGBTQ Youth

Call: 1-866-488-7386

Text: "TREVOR" to 1-202-304-1200