

Working Together to Prevent Suicide

Know the Signs. Find the Words. Reach Out.



suicideispreventable.org



Each Mind Matters: California's Mental Health Movement supports that suicide prevention matters!

Activity Tip Sheet: Let's talk about Suicide Prevention

Pain isn't always obvious. Even surrounded by family and friends someone can feel isolated and alone; even successful in school and at work, someone can feel hopeless and without purpose; even with a smile on their face, someone can feel deep sadness and depression on the inside.

During September we want to emphasize that everyone can play a role in suicide prevention. This is an opportunity to learn the warning signs for suicide, find the words to express concerns to those we care about, connect with our friends, family and co-workers, and learn about local resources that are available to offer support.

During Suicide Prevention Week:



- Ask a local coffee shop to use the Know the Signs branded coffee sleeves.
- Ask local restaurants and bars to hand-out the Know the Signs branded coasters.
- Share a Know the Signs poster and brochure for additional information and share why suicide prevention matters and how everyone can play a role.



Take a picture and share it with the name of the business on your social media channels using **#EachMindMatters**