

September is Suicide Prevention Awareness Month

Suicide is preventable. Each of us can help save a life.

Take the 30-day challenge and learn more about suicide prevention each day!

- September 1: **FACT** – Suicide is the 2nd leading cause of death for ages 10 – 24
- September 2: **FACT** – 34% of Florida high school students reported feeling sad or hopeless (YRBS, 2019)
- September 3: **FACT** – 16% of Florida high school students reported seriously considering a suicide attempt (YRBS, 2019)
- September 4: **The National Suicide Prevention Lifeline:** 1-800-273-TALK (8255) - 24/7 free, confidential support
- September 5: **The Trevor Project:** 1-866-488-7386 - 24/7 free, confidential support for LGBTQ Youth

September 6 – 10 is NATIONAL SUICIDE PREVENTION WEEK

- September 6: **Warning Signs** are observable behaviors that indicate suicide risk
- September 7: **Warning signs include** suicide notes, threats, suicidal statements and substance abuse
- September 8: **Warning signs include** changes in physical appearance, sudden changes in personality
- September 9: **Broward Mental Health Summit**
- September 9: **Warning signs include** hopelessness, loss of interest in pleasurable activities

September 10: WORLD SUICIDE PREVENTION DAY

- September 11: **The Crisis Text Line:** Text HOME to 741741 to connect to 24/7 free, confidential support
- September 12: **Females are more likely** to have suicide ideation and attempts
- September 13: **Males are more likely** to die by suicide because they tend to use more lethal means (e.g., guns)
- September 14: **LGBTQ students** are almost 4-times more likely to have suicide ideation and attempts
- September 15: **Risk factors** increase the chance that a person may take their life
- September 16: **Risk factors** one risk factor does not mean a person will attempt suicide. Look for patterns.
- September 17: **Risk factors can include** mental health problems and alcohol or substance abuse
- September 18: **Risk factors can include** a family history of suicide and access to lethal means
- September 19: **Risk factors can include** poor academics and family dysfunction
- September 20: **Risk factors can include** bullying and victimization
- September 21: **Risk factors can include** break-ups and/or changes in relationships and non-suicidal self-injury
- September 22: **Risk factors can include** delinquency and medical conditions
- September 23: **notOK App** is a free digital panic button that offers immediate support via text, phone call or GPS
- September 24: **The Jason Foundation** offers free youth suicide prevention presentations for parents and community
- September 25: **Visit your school's counseling webpage** for more information on suicide prevention
- September 26: **Protective Factors** decrease the chance that a person may take their life
- September 27: **Protective factors can include** strong family bonds and positive friendships
- September 28: **Protective factors can include** cultural/religious beliefs and feeling close to at least one adult
- September 29: **Protective factors can include** school connectedness and access to services and resources
- September 30: **Protective factors can include** healthy, problem-solving, coping skills