

SEPTEMBER IS
SUICIDE PREVENTION
MONTH



SUICIDE IS PREVENTABLE

ASK. Talk about suicide in a compassionate way.

KEEP THEM SAFE. Remove access to lethal options.

LISTEN. Be present and don't judge.

STAY CONNECTED. Create a support network.

FOLLOW-UP. Ongoing contact with professionals is key.

THURSDAY, SEPTEMBER 10 IS WORLD SUICIDE PREVENTION DAY

#WSPD2020 Hashtags #BeThe1To



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