











September is Suicide Prevention Awareness Month



SUN	MON	TUE	WED	THU	FRI	SAT
 1	GUN STORAGE CHECK WEEK 2			Project ChildSafe Does your local police department participate? 4	5	Amplify sponsored YARD GOATS GAME!!  6
 7	988 DAY 8	<u>Veteran's Crisis Line</u> 9	Did you know you can text, "SAVE" to 741-741 to get help 10	11	World Suicide Prevention Day Conference with Hartford Healthcare 12	13
 14	 KV Foundation for Mental Health 2 nd Annual Golf Tournament 15	16	<u>Join the Regional Suicide Advisory Board!</u> 17	<u>Speak. Share. Belong: How Storytelling Builds Wellness and Connection w/Matthew Dicks</u> 18	19	<u>What can you do?</u> 20
 21	22	<u>Need help talking to a Loss Survivor?</u> 23	<u>Gizmo Read-a-long Simsbury Public Library</u> 24	Learn how to talk about suicide safely and responsibly with a safe messaging training 25	26	<u>AFSP Out Of The Darkness Walk Hartford</u> 27
 BELIEVE 208 RUN FOR THE BRAVE AND FINEST 28	29	Please share this info brief and spread the word about the Regional Suicide Advisory Boards 30				



Follow us on social media in September to find out how we "Take 5 To Stay Alive"  

Each week will be a different theme: Learn, Know, Do, Talk & Share. Join us and take a pledge to Take 5!

- Learn-Learning the warning signs, risk factors, and protective factors of suicide will better prepare you to take action and could help save a life.
- Know-By knowing exactly what to say and do, you'll be ready to act and keep yourself, your friends, and your family safe.
- Do-Learn ways you can bring the suicide prevention movement to your school, workplace, or entire community.
- Talk-Learn how talking about suicide safely and responsibly can reduce negative stigma and lead to increased help-seeking.
- Share-Help spread the word about Take 5 to Save Lives. Pledge to share the campaign with at least 5 people using the Take 5 toolkit!



American Foundation for Suicide Prevention



- open Spotify
- click search
- open camera
- point camera at Spotify code on left
- Enjoy!

