



STOP SUICIDE

NORTHEAST INDIANA

GET INVOLVED IN SUICIDE PREVENTION MONTH

SEPTEMBER 2023

1. Learn About Suicide Prevention

by watching the Suicide Prevention Resource Center's (SPRC) [Effective Suicide Prevention Model video](#), attend the [C-SSRS training](#) on October 19th, or attend a [QPR training](#) on September 13th or 18th.

2. Center

those who have lived experience with suicide (ideation, attempts, and loss) in your programming. Learn more about this through the [SPRC](#).

3. Share Resources

such as Stop Suicide's [Finding Hope: A Toolkit for Suicide Prevention](#) and [Help & Hope for Survivors of Suicide Loss](#) toolkits.

4. Safe & Effective Messaging

Learn about safe & effective messaging through the [National Action Alliance](#) and [Language Matters](#) from NAMI.

5. Join a Coalition

[Stop Suicide Northeast Indiana](#), [Noble County Suicide Prevention](#), [Huntington Outreach for Prevention and Empowerment \(HOPE\)](#), or the [Churubusco Suicide Awareness and Prevention Task Force](#).

6. Empower Others to Get Help

by sharing [988](#), the [Crisis Text Line](#), the [Trevor Project](#), [BIPOC crisis support line](#), [RemedyLIVE \(faith-based\)](#), Stop Suicide's [toolkits](#), and more! Additional resources [here](#).

7. Explore Ways

to [#REACH](#) Veteran's by connecting them to the [Veteran's Crisis Line](#) where they call 988 and press '1'.

8. Support

others by taking action to [#BeThe1to](#). Learn 5 steps:

1. Ask - "Are you thinking about suicide?"
2. Be There - to support.
3. Help Keep Them Safe - by understanding plans.
4. Help Them Connect - to resources, such as 988.
5. Follow-up - by letting them know you're there.

9. World Suicide Prevention Day

Attend the [9th Annual Candlelight Ceremony for Suicide Loss](#) on September 7th at the Peggy F. Murphy Community Grief Center, where the Mayor's office will proclaim September 10th as World Suicide Prevention Day in Fort Wayne.

10. Participate

in the [9th Annual Candlelight Ceremony for Suicide Loss](#) on September 7th and the [Fort Wayne Out of the Darkness Walk](#) on September 24th to remember those lost to suicide.

11. Promote

[Suicide Prevention Month](#) by sharing a [flyer](#) (add your logo) on social media to spread hopeful and help-seeking messages with 5 steps to help someone.

12. Scan or Click For Resources

