

## Welcome to the **September 2022** Prevention Post: World Suicide Prevention Day

Every September, communities and cultures across the globe celebrate World Suicide Prevention Day to bring awareness to and encourage leaders to take action and help prevent suicides. With suicide consistently ranking as the tenth leading cause of death in the United States, it is a public health crisis that we work hard to resist. This year, the International Association for Suicide Prevention's (IASP) theme for World Suicide Prevention Day is "Creating Hope through Action". Additionally, The American Association of Suicidology's (AAS) focus this year is to be intentional about suicide prevention "every day, every year". In a stand of solidarity, let's do our part to fight suicide and promote life-saving actions 24/7, 365 with some ideas from IASP, AAS, and the American Foundation for Suicide Prevention (AFSP):

- Share resources that connect people at risk of suicide to life-affirming services, messages, and professionals, like the National Suicide Crisis Line or those mentioned above.
- Attend organized events that help raise awareness about suicide prevention, like annual Out of the Darkness walks that AFSP hosts all over the country (visit [here](https://www.outofthedarkness.org/) to see when and where walks are happening in Colorado).
- Get involved by learning more about suicide prevention and how you can help! Donate to suicide prevention research organizations or sign up for a suicide prevention training in your area (Centennial hosts many that are cost covered! Email us at [prevention@centennialmh.org](mailto:prevention@centennialmh.org) to learn more).
- If you think someone you know is at risk of suicide, don't stay quiet about it- it is important to ask them about suicide directly and with an open mind, but it's even more important to connect them to a professional resource.

As a reminder, 988 is now a new number for the National Suicide Crisis Line. You don't have to be in a suicidal crisis to talk to someone or to get help, and you can even practice calling the number so you know what to expect if you ever have to use it. Many states are having issues with 988 calls going to the correct state based on someone's area code, so you can continue to use 1-800-273-8255 or text HOME to 741741.

