

Suicide Prevention Month

You Are a Light in Somebody's Life

September 2023



NATIONAL
SUICIDE
AWARENESS
MONTH

Suicide is the third-leading cause of death among people age 10 to 24 in the U.S.

How do I help a loved one in crisis?

- Remain calm and sensitive, use non-judgmental language.
- Encourage the person to seek treatment.
- Offer to help the person take steps to get assistance and support.
- Encourage the person to communicate with you.
- Be respectful and acknowledge the person's feelings.
- Don't be patronizing or judgmental.
- Offer reassurance that things can get better.
- Encourage the person to avoid alcohol and drug use.
- Remove potentially dangerous items from the person's home, including firearms and unused medication.

If you or someone you know is struggling or in crisis, help is available. Call or text **988** or chat 988lifeline.org to reach the 988 Suicide & Crisis Lifeline.

The Trevor Project

For LGBTQIA+ youth to connect to a crisis counselor 24/7, 365 days a year, from anywhere in the U.S. It is 100% confidential, and 100% free.

Text: 678-678

Call: 1-866-488-7386

Chat: thetrevorproject.org

Community Event

The Out of the Darkness Community Walk is an opportunity to acknowledge the ways in which suicide and mental health conditions have affected our lives and the lives of those we love and care about.

Date: September 9, 2023

Location: Highmark Stadium, Pittsburgh, PA

Register at: afsp.org