

September is National Suicide Prevention Month

Your *Mental Health in Balance* brought to you by your St. Irenaeus Parish Health Ministry

#BeThe1To is the National Suicide Prevention Lifeline's message for National Suicide Prevention Month, which helps spread the word about actions we can all take to prevent suicide.

Be the one to:

- **Ask:** Research shows people who are having thoughts of suicide feel relief when someone asks after them in a caring way.
- **Be There:** Individuals are more likely to feel less depressed, less suicidal, less overwhelmed, and more hopeful by speaking to someone who listens without judgment.
- **Keep Them Safe:** A number of studies have indicated that when lethal means are made less available or less deadly, suicide rates by that method decline, and frequently suicide rates overall decline.
- **Help Them Stay Connected:** Studies indicate that helping someone at risk create a network of resources and individuals for support and safety can help them take positive action and reduce feelings of hopelessness.
- **Follow Up:** Studies have also shown that brief, low-cost intervention, and supportive, ongoing contact may be an important part of suicide prevention, especially for individuals after they have been discharged from hospitals or care services. For more interventions and free resources, visit: www.store.samhsa.gov.



988 SUICIDE & CRISIS
LIFELINE

24/7 CALL, TEXT, CHAT

If you or someone you know
needs support now,
call or text **988**
or
chat **988lifeline.org**

#BeThe1To

5 Action Steps for Helping Someone in Emotional Pain



ASK

"Are you thinking about killing yourself?"



KEEP THEM SAFE

Reduce access to lethal items or places.



BE THERE

Listen carefully and acknowledge their feelings.



HELP THEM CONNECT

Call or text the 988 Suicide & Crisis Lifeline number (988).



STAY CONNECTED

Follow up and stay in touch after a crisis.