

September is Suicide Awareness Month, September 10 is World Suicide Prevention Day

Take 5 to Save Lives

Take 5 to Save Lives is a public awareness campaign run by the National Council for Suicide Prevention in support of World Suicide Prevention Day. The goal of the campaign is to encourage everyone to take 5 simple actions steps that focus on preventing the tragedy of suicide. Check out <https://www.take5tosavelives.org/> to learn more about the campaign and the 5 action steps you can take and in just 5 minutes! The steps include:

1. **LEARN THE SIGNS.** Although it may not always be obvious, individuals experiencing an emotional crisis usually exhibit one or more of the warning signs of suicide. Your ability to identify the signs will better prepare you to take action and could help save a life.
2. **KNOW HOW TO HELP.** You shouldn't be afraid to ask your friend if they're having thoughts of suicide. By knowing exactly what to say and do, you'll be ready to act and keep your friends and family safe.
3. **PRACTICE SELF-CARE.** Research indicates that our mental fitness or wellness is crucial to our overall long-term health and can even protect us from disease. Learn some tips for keeping mentally fit. Make it a priority!
4. **REACH OUT.** If you or someone you know is in emotional distress you must reach out for help. You are not alone. Learn about different help options and how to take that first step in seeking help and care.
5. **SPREAD THE WORD.** Let's get people talking! By sharing the Take 5 campaign with 5 other people we can raise awareness of the problem of suicide and equip people with easy tools to help themselves and others. Share the campaign on or before World Suicide Prevention Day- September 10, 2019. Together we can all make a difference!

By taking 5 minutes to learn about suicide, you will be making a difference. Visit the toolkit section of the website for more information on how you can support and share the Take 5 campaign. If you are thinking of hurting yourself or taking your own life, there are many people that love you and will miss you. Please reach out to someone and let them know you are hurting.

There are resources out there to help, EAP is one, there is a Suicide Prevention Helpline 1-800-273-8255 and there is now a text line.

Vt Crisis Text Line:

1. Text **"VT"** to **741741** from anywhere in the USA, anytime, about any type of crisis.
2. A live, trained Crisis Counselor receives the text and responds quickly.
3. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.

WCMHS Outreach

This month, please help to raise awareness and connect individuals with suicidal ideation to treatment services. This is a very important topic to bring attention to, with the hope of lessening the stigma often associated with suicide and mental health issues in general. This can happen through increased understanding in the general public. Discussing this topic openly will

lead to more people seeking help and therefore a decrease in rate of death by suicide. Suicidal thoughts can affect anyone regardless of age, gender or background. Suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues.

Each year more than 41,000 people die by suicide, leaving behind their friends and family members to navigate the tragedy of loss. Part of the importance of getting more messaging and information out about suicide prevention is to make sure those who have lost a loved one to suicide know where to seek supports for their loss. We hope the following pieces will be helpful in increasing community member knowledge about suicide, the signs and symptoms associated with it, ways to broach the topic if you are concerned, and a poignant story to reflect upon.

WCMHS will be featuring a new film by Kevin Hines, called “The Ripple Effect”, which will be showing at the Barre Opera House on **Wednesday September 25th**. The movie will start at 6:30 pm, and runs for 90 minutes. There will be a discussion to follow. More information will be released in September about this film screening. Please join us to build connection and help create a support network in central Vermont for those struggling with suicidal thoughts or the loss of a loved on to suicide.

Four Part Series Below:

1. [Signs and Symptoms of Suicide](#)
2. [How To Talk About Suicide](#)
3. [Suicide Does Not Discriminate](#)
4. [The Opposite of Suicide is Connection](#)