
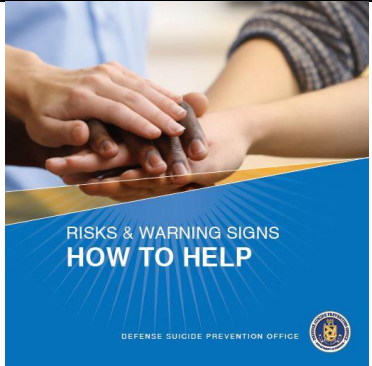



## SUICIDE PREVENTION MONTH SHAREABLE SOCIAL MEDIA CONTENT

Please see the social media posts below that you can use to help promote Suicide Prevention Month. The posts are a blend of safe messaging around home safety which includes firearm safety and medication storage, the risks and warning signs of suicide, how to help, inspirational quotes, and how to #BeThere for loved ones in your life. Whether you use these sample social media posts below or write your own, use these hashtags to draw people into the conversation: #BeThere, #SPM19, #SmallStepSaveLives. \*Please do not use the graphics embedded in the table. Instead, please download the graphics from the DSPO site: <http://www.dspo.mil/2019SPM>.

SUGGESTED DATE	CHANNEL	POST	GRAPHIC
9/1	Facebook Instagram Twitter	Today is the start of #SPM19. The theme for the month is “Small Steps Save Lives.” Ensure that you safely store firearms and medicines. Visit DSPO’s Toolkit page to download resources that you can share on your social channels, including a tip sheet for how to use suicide prevention month materials, graphics, blogs, and more. #BeThere <a href="https://www.dspo.mil/2019SPM/Toolkit/">https://www.dspo.mil/2019SPM/Toolkit/</a>	
9/2	Facebook Instagram Twitter	Do you know the differences between suicide risk factors and warning signs? Download DSPO’s Risk & Warning Signs: How to Help trifold. <a href="https://www.dspo.mil/2019SPM/Toolkit/">https://www.dspo.mil/2019SPM/Toolkit/</a> #SPM19 #BeThere	
9/3	Facebook Instagram Twitter	If you are concerned someone you know is at risk of suicide, offer to help safely store their firearms.	

		<p>Always store firearms locked, unloaded, and separate from ammunition. Learn firearm safety tips and storage options from DSPO's Small Steps Save Lives trifold.</p> <p><a href="https://www.dspo.mil/2019SPM/Toolkit/">https://www.dspo.mil/2019SPM/Toolkit/</a> #SPM19  #BeThere  #suicidepreventionweek  #smallstepssavelives</p>	
9/4	Facebook Instagram Twitter	<p>When you ask how someone is doing and they respond, "I am good," do you ever give it a second thought? Watch this short video from the Department of Defense and the Department of Veteran Affairs and learn how to #BeThere for family and friends who are not doing so well.</p> <p><a href="https://youtu.be/YPFo9EvUuVA">https://youtu.be/YPFo9EvUuVA</a> #SPM19</p>	
9/5	Facebook Instagram Twitter	<p>Our busy lives sometimes consume our time. Take a moment to think about who needs you to #BeThere TODAY?</p> <p><a href="https://www.dspo.mil/2019SPM/Toolkit/">https://www.dspo.mil/2019SPM/Toolkit/</a> #SPM19</p>	

<p>9/9</p>	<p>Facebook Instagram Twitter</p>	<p>Today is the start of National Suicide Prevention Week. This week, and the rest of the month, we will share resources on social media. We are also hosting Resource and Resiliency Fairs throughout the month. Please tag DSPO with activities and/or events that you have planned.  <a href="https://www.dspo.mil/2019SPM/Toolkit/">https://www.dspo.mil/2019SPM/Toolkit/</a> #SPM19 #suicidepreventionweek #BeThere</p>	 <p>A red poster for National Suicide Prevention Week. The text reads: NATIONAL SUICIDE PREVENTION WEEK, September 8-14, 2019. It features four colored circles (green, cyan, yellow, pink) and logos for the Department of Defense, Veterans Crisis Line, and Military Crisis Line. The hashtag #BeThere is also present.</p>
<p>9/10</p>	<p>Facebook Instagram Twitter</p>	<p>Wear yellow to support #WorldSuicidePreventionDay. Tag DSPO, and tell us what activities and/or events that you have planned for the day. Please share!  <a href="https://www.dspo.mil/2019SPM/Toolkit/">https://www.dspo.mil/2019SPM/Toolkit/</a> #SPM19 #BeThere #suicidepreventionweek</p>	 <p>A yellow poster for World Suicide Prevention Day. The text reads: WORLD SUICIDE PREVENTION DAY, September 10, 2019. It features four colored circles (pink, green, purple, blue) and logos for the Department of Defense, Veterans Crisis Line, and Military Crisis Line. The hashtag #BeThere is also present.</p>
<p>9/13 AM</p>	<p>Facebook Instagram Twitter</p>	<p>Small Steps Save Lives. Ensure your firearms are safely stored away and separate from ammunitions; also that all medications are locked up. Visit the CDC to learn more about medication storage:  <a href="https://www.cdc.gov/features/medicationstorage/index.html">https://www.cdc.gov/features/medicationstorage/index.html</a> #SPM19 #BeThere #suicidepreventionweek</p>	 <p>A close-up photograph of a silver metal padlock on a metal surface, with a red background.</p>

<p>9/16</p>	<p>Facebook Instagram Twitter</p>	<p>We all could use an ear from time to time. Call a friend and ask them how they are doing. #SPM19 #BeThere</p>	
<p>9/18</p>	<p>Facebook Instagram Twitter</p>	<p>#BeThere for a loved one suffering from emotional pain. Just being there for friends, family, and colleagues can go a long way to help them cope through hardships or financial or relationship setbacks. #SPM19</p>	
<p>9/23</p>	<p>Facebook Instagram Twitter</p>	<p>You do not need special training to support Service members and Veterans in your life. We can all do something to help someone who is going through a difficult time. Even small actions can have a huge impact. Watch a short video from the Department of Veterans Affairs, "Facing the Challenge" to learn more at <a href="https://youtu.be/Flt6_Ytb1E8">https://youtu.be/Flt6_Ytb1E8</a>. #SPM19 #BeThere</p>	

<p>9/25 AM</p>	<p>Facebook Instagram Twitter</p>	<p>Service members know that sometimes you may feel under extra pressure and stress. During this period, make sure to safely store your firearm in a secured cabinet, safe, or case.</p> <p><a href="https://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/suicide_prevention/smonth/Pages/Get-Involved.aspx">https://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/suicide_prevention/smonth/Pages/Get-Involved.aspx</a> #SPM19 #BeThere</p>	 <p><b>UNDER MORE STRESS THAN USUAL?</b></p> <ul style="list-style-type: none"> <li>Take a few extra precautions to store your firearm.</li> <li>Store firearms unloaded with a gunlock in a secured cabinet, safe or case.</li> <li>Closets, drawers and shoeboxes are not safe locations!</li> <li>Keep ammunition in a separate secured storage location.</li> <li>A few extra moments to retrieve and unlock your firearm can interrupt the impulse for suicide and open the door for help.</li> </ul> <p><b>1 Small ACTO</b> #BeThere for Every Sailor, Every Day</p> <p>Every Sailor, Every Day      navstress.wordpress.com</p>
<p>9/27</p>	<p>Facebook Instagram Twitter</p>	<p>It is okay to sometimes feel sad, frustrated, or angry. We all have days when we are not feeling like ourselves. How you navigate those feelings is important. If you need someone to talk to, help is available. Call Military OneSource at 1-800-342-9647 or visit <a href="https://www.militaryonesource.mil/">https://www.militaryonesource.mil/</a>. #SPM19 #BeThere</p>	 <p><b>It is OKAY to Not Be OKAY.</b></p> <p><b>#BeThere</b></p> <p>Veterans   Military Crisis Line   Crisis Line 1.800.342.9647</p>