

20 Ways to Take Part in Suicide Prevention Month



Each September, the Department of Defense observes Suicide Prevention Month by raising awareness about suicide prevention and urging Service members and their families to #BeThere for themselves and others. Below are suggestions on how you can participate and raise awareness about suicide prevention in your community.



Take Part in Suicide Prevention Month

Check out these ideas to help promote Suicide Prevention Month.

- 1 Download and display the 2020 Suicide Prevention Month poster. You can download the print-ready file to print multiple copies and display at your installation.
- 2 Download and use the Suicide Prevention Month 2020 logo banner to display on your website, social media cover photos, etc.
- 3 Take the Suicide Prevention Month #ConnectToProtect Pledge and encourage your friends and family to do so, as well.
- 4 Hold a contest between members or groups within your community to see who gets the most #ConnectToProtect pledges.
- 5 Be social. Use #ConnectToProtect on Facebook, Twitter, and Instagram materials to promote Suicide Prevention Month to your community.
- 6 Take a selfie! Use the #ConnectToProtect Selfie Sign template to write in how you are connecting to protect with friends or family. Then take a selfie with it and post it to social media using #BeThere #ConnectToProtect.
- 7 Wear yellow on World Suicide Prevention Day, September 10, 2020, to raise awareness about suicide prevention and encourage others to do the same. Use the social media materials to help spread the word.
- 8 Share outreach materials at resource fairs, electronically, and at other community events.
- 9 Create and/or share Public Service Announcements through social media and other channels to encourage your community to #ConnectToProtect.
- 10 Organize a Resource Fair in your community (live or virtual, depending on what's best.) Invite organizations that share the same mission; distribute Suicide Prevention Month materials to attendees.



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- 11 Blog about it. Use the blog template provided in this guide to share about Suicide Prevention Month and the *Connect to Protect* campaign.
- 12 Write an article for your community's newsletter or the local newspaper about Suicide Prevention Month. Don't have time? Use the pre-written template provided in this guide.
- 13 Send a press release to your community's newspaper to promote local Suicide Prevention Month activities within your community and pitch them stories of how your community is taking steps to prevent suicide. Use the press release template provided or write your own.
- 14 Ask if you can insert a flyer with suicide prevention resources in grocery bags at the Commissary or prescription bags at the pharmacy.
- 15 Share Suicide Prevention Month graphics with health care providers at the installation hospital and clinic to showcase on information screens such as those in the cafeteria, local clinic, or anywhere there are screens to share information.
- 16 Update your Facebook profile picture with the official Suicide Prevention Month 2020 Facebook frame. Invite your community to do the same. Search Facebook for SPM2020 Frame and update your profile picture.
- 17 Ask mental health care providers to speak to your community about ways to help prevent suicide.
- 18 Host a community event – live or virtual, depending on what's best – where families can be active while also learning about local suicide prevention and mental health resources pending current COVID pandemic guidelines.
- 19 Work with your local recreation and fitness center to spread the word about the importance of physical activity to prevent suicide.
- 20 Print and distribute "Conversation Starter Cards." Cards can be left on tables at community spaces like the food court for people to use to CONNECT.