



World Suicide Prevention Month

Suicide is complicated and tragic. It does not discriminate, meaning people of all genders, ages, and ethnicities can be at risk. But it is preventable. For that reason, September has been designated Suicide Prevention Awareness Month. Knowing the warning signs and being prepared to intervene can save lives. The following resources can help.



FAQ Video: How Counseling Can Help

Not sure if counseling is for you? This video offers answers to basic questions about counseling for those who may have never tried it.

[View Video](#)



Suicide Awareness Information

Knowing the signs that someone may be suicidal is the first step to preventing them from taking action.

[Suicide Awareness](#)

[Teen Depression and Suicide](#)



Suicide Prevention Flyer

Suicide can be prevented. This flyer explains the signs of suicidal ideation and how to get help.



On-Demand Training: Stress Management

Stress: A Way of Life or a Fact of Life offers tips on how to control stress instead of letting it control us.

Download



On-Demand Training: Managing Emotions

This brief online training can help anyone who is struggling to keep their emotions in control in the workplace.

Begin

Begin



Destigmatizing Mental Health

This resource guide explores common attitudes toward mental health and the taboos often associated with it.

Download

Get Help

If you or someone you know is in crisis, call The National Suicide Prevention Lifeline at **800.273.TALK (8255)**, dial **988** for the Suicide Crisis Line*, or call **911** immediately.

**Not available in all 50 states.*