

# SEPTEMBER IS SUICIDE PREVENTION MONTH



September is suicide prevention month. Mental health in general can be a difficult topic to discuss. Due to the stigma that surrounds it, many that struggle will hesitate to seek help. Let's take this month and every month to acknowledge this and make real change!

Normalizing these conversations will reduce the stigma and support those that feel alone and hopeless. There is always help and hope. Those suffering might just need support to show them this. Mental health should be seen and treated no different from physical health. It is a part of your overall health.

Let's talk about it. Suicide can be prevented.

Check in on those you love. Start the dialog - it's easier than you think, and you might even save a life.

-Dona Rodgers, board member at MHAFC and co-founder and president of Morgan's Message, a nonprofit organization created in July 2020 after losing her daughter Morgan to mental illness.

## It's time to take action if you notice these signs in family or friends:

- Talking about or making plans for suicide.
- Expressing hopelessness about the future.
- Displaying severe or overwhelming emotional pain or distress.
- Showing worrisome changes in behavior, particularly in combination with the warning signs above, including significant:
  - Withdrawal from or changing social connections/situations.
  - Changes in sleep (increased or decreased).
  - Anger or hostility that seems out of character or out of context.
  - Recent increased agitation or irritability.

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

To talk with someone for information, hope, and encouragement, call or text the Virginia Peer Warm Line:  
**866-400-6428**  
(non-crisis support)

## Lunch & Learn

**R U OK? Suicide Prevention Gatekeeper Training**

**Eight out of ten suicides show warning signs. Do you know how to respond?**

**September 14th  
12:00 to 1:00 pm**

