

Suicide Prevention Week 2016

Suicide Prevention Week September 5-11, 2016

World Suicide Prevention Day September 10, 2016



Suicide Prevention Is Everyone's Business!

This year, Suicide Prevention Week in California will focus on the role all of us can play in suicide prevention with a special focus on older adults. Here are ways in which you can be supportive all week long and beyond. Find local events and share your local activities and events at eachmindmatters.org

Monday: Happy Labor Day

Tuesday: Everyone has a role to play in suicide prevention. Find out how much you know about the warning signs for suicide and how to help. Know the Signs. Find the Words. Reach Out at www.suicideispreventable.org.

Wednesday: Learn about older adult suicide prevention, find out what services and supports for older adults are available in your community and find a way to support them by sharing information about them with others or volunteering your time.

Thursday: Involve young people! Get inspired and watch at least one 60-second film developed for youth by youth at www.directingchange.org.

Friday: Support older adult mental health! Today, make plans to reach out to an older adult and set up a time to do something enjoyable together. However you choose to spend the time, make sure there is plenty of space to talk and make a connection.

Saturday: Today is World Suicide Prevention Day and the theme is "Connect, Communicate, Care." Share information about on social media and inspire others to observe it. Join millions around the globe to light a candle, near a window, at 8pm. Find "Light a Candle Near a Window at 8PM" postcards in various languages at: goo.gl/9Ic1en