

# Suicide Prevention Week 2016

Suicide Prevention Week September 5-11, 2016

World Suicide Prevention Day September 10, 2016



suicideispreventable.org

Funded by counties through the Mental Health Services Act (Prop 63).

## Social Media Posts for Suicide Prevention Week

### Facebook and Instagram

Starting a conversation about suicide can be the most important thing you do for a friend or loved one. Download our Suicide Prevention Week toolkit for information on warning signs and what to say. ([www.eachmindmatters.org/get-involved/spread-the-word/suicide-prevention-week-2016](http://www.eachmindmatters.org/get-involved/spread-the-word/suicide-prevention-week-2016)) #SuicidePreventionWeek If you or someone you know has thoughts of suicide, immediate help is available. Please call the National Suicide Prevention Lifeline at 1-800-273-8255

Pain isn't always obvious. Most suicidal people show some signs that they are thinking about suicide. If you see even one warning sign, step in or speak up. Take the time to learn what to do now, so you're ready to be there for a friend or loved one when it matters most. <http://bit.ly/S9CbFp>

Starting a conversation about suicide can help save a life but it's scary if you don't know what to say. Our #SuicidePreventionWeek toolkit can help you find the right words. [www.eachmindmatters.org/](http://www.eachmindmatters.org/)

Did you know middle-aged and older adults die by suicide at higher rates than youth? Symptoms of depression can often be mistaken for "normal" signs of aging. To learn more about warning signs and how to start a conversation, view these resources for older adults. [www.eachmindmatters.org/get-involved/spread-the-word/suicide-prevention-week-2016](http://www.eachmindmatters.org/get-involved/spread-the-word/suicide-prevention-week-2016)

### Twitter

Like CPR everyone can learn ways to save a life from #suicide. Know the Signs Find the Words Reach Out Learn more at [bit.ly/S9CbFp](http://bit.ly/S9CbFp)

Friends & family can learn to recognize signs of suicide & help in prevention. Learn more at [bit.ly/S9CbFp](http://bit.ly/S9CbFp)

Do you know the warning signs when an older adult feels suicidal? Visit [bit.ly/S9CbFp](http://bit.ly/S9CbFp)

Many seniors become isolated as they age. Reach out to someone you know today and make their life a little brighter.



**Trained crisis counselors are just  
a phone call away 24 hours a day,  
7 days a week.**



If you or someone you know is  
having thoughts of suicide, or if you  
need guidance on how to help  
someone else, please call the  
**National Suicide Prevention Lifeline:**  
**1-800-273-TALK (8255)**

**KNOW  
THE SIGNS**

For more information, visit:  
[suicideispreventable.org](http://suicideispreventable.org)



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**Suicide can be prevented and  
people with suicidal thoughts  
and feelings can be helped.**



Many people find that their periods of  
suicidal feelings are temporary;  
getting through the immediate crisis  
can avert suicide attempts. It's  
important to know that people who  
have struggled with thoughts of  
suicide, and even those who have  
attempted suicide, can and do recover  
and go on to lead full and active lives.

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