



SUICIDE PREVENTION MONTH

IDEAS FOR ACTION

SEPTEMBER 2026

1. **LEARN** about suicide prevention:

- Access [information](#) about suicide.
- Explore SPRC's [Learning Center](#).
- Sign up for the [Weekly Spark](#) newsletter.

2. **CENTER LIVED EXPERIENCE** in your prevention efforts:

- Read about [lived experience](#).
- Watch [The Foundations of Lived Experience](#) video to learn from pioneering leaders.

3. **PROMOTE HEALING** by sharing:

- A [handbook](#) for recovery after a suicide attempt
- Resources for [loss survivors](#), including [behavioral health providers](#) who have lost a client to suicide

4. **CREATE SAFE AND EFFECTIVE MESSAGES** using:

- The [Framework for Successful Messaging](#)
- [988 Formative Research](#)

5. **ENGAGE THE MEDIA** by promoting:

- [Recommendations for Reporting on Suicide](#)
- The [Mental Health Media Guide](#)

6. **JOIN** our field's collective messaging effort:

- Use **#BeThere** and **#SPM26** on social media to spread the word about how to support those who are struggling.
- Get [updates](#) from the National Action Alliance for Suicide Prevention ([Action Alliance](#)).

7. **ADVANCE PREVENTION EFFORTS** in communities, states, and Tribes:

- Find tools for getting started in [community suicide prevention](#).
- Incorporate prevention [everywhere](#) people live, work, and play.
- Follow our recommendations for establishing a strong state suicide prevention [infrastructure](#).
- Learn how to support healthy grieving in [Native communities](#).

- 8. REACH OUT FOR HELP** if you or someone you know is struggling:
- Call or text 988 or [chat online](#) for free, caring, confidential support from the 988 Suicide & Crisis Lifeline ([988 Lifeline](#)).
 - Text HOME to 741741 for free, confidential, nonjudgmental support from [Crisis Text Line](#).
- 9. SPREAD THE WORD** about the 988 Lifeline:
- Use the [988 Partner Toolkit](#) to tailor messages for your audiences.
 - Get involved in [988 Day](#) and use the toolkit and #988Day to spread the word.
 - #BeThe1To learn [5 steps](#) for helping someone who may be suicidal.
- 10. SUPPORT** military service members, veterans, and their loved ones:
- [Reach out](#) and share resources with them.
 - Encourage those in crisis to call 988 and press 1, text 838255, or [chat online](#) with the [Veterans Crisis Line](#).
- 11. PROMOTE** Suicide Prevention Awareness Month using the Substance Abuse and Mental Health Services Administration's ([SAMHSA](#)) [Digital Toolkit](#).

- 12. ON SEPTEMBER 10, GET INVOLVED IN**
- **World Suicide Prevention Day** using [ideas](#) from the International Association for Suicide Prevention ([IASP](#)).
 - **National American Indian/Alaska Native Hope for Life Day** using the Action Alliance [toolkit](#).
- 13. TAKE 5 STEPS** that could help save lives using [resources](#) from the National Council for Suicide Prevention ([NCSP](#)).
- 14. PARTICIPATE** in an [Out of the Darkness Community Walk](#) hosted by the American Foundation for Suicide Prevention ([AFSP](#)).
- 15. SCAN THE QR CODE** to access these resources on your mobile device:



<https://sprc.org/online-library/suicide-prevention-month-ideas-for-action>



Suicide Prevention Resource Center
www.sprc.org

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