

# September is Suicide Prevention & Awareness Month



Your involvement matters in the fight  
against suicide!

Be part of HopeLink's #CallTextLive  
Campaign during Suicide Prevention and  
Awareness Month.

Together, we can create a supportive and  
safe community for all.

## WHY #CALLTEXTLIVE



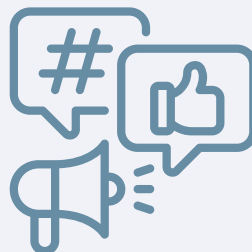
Suicide was the 11th leading cause of death in 2022, causing the deaths of 49,476 Americans, with an estimated 1.6 million suicide attempts. 94% of US adults believe that suicide can be prevented. Eliminating the stigma around reaching out and talking about suicide is vital for saving lives and creating suicide-safer communities.

For more information, visit [afsp.org/suicide-statistics](https://afsp.org/suicide-statistics)

## SOCIAL MEDIA

Follow HopeLink for resources and tips on  
suicide prevention and awareness and  
share them with your network.

The more people that are aware of suicide  
prevention, the more lives we can impact!



@HopeLinkBH @HopeLinkBH

HOPELink

# #CALL TEXT LIVE



## LGBTQI+ Youth 988 Service

HopeLink is a proud member of 988's LGBTQI+ Youth Chat and Text subnetwork. Any member of the LGBTQI+ community, age 25 and below, experiencing a crisis can connect with a specially trained crisis worker 24/7 for affirming support.

- **(call)** dial 988 and press 3
- **(text)** send the word PRIDE to 988
- **(chat)** opt-in on the Pre-Chat Survey above by checking off the box for LGBTQI+ support



[HopeLinkBH.org/calltextlive](https://HopeLinkBH.org/calltextlive)



## PREVENTION

#BeThe1To provides 5 steps to help someone in crisis:

1. **Ask.** Ask the tough question. When someone you know is in emotional pain, ask them directly, "Are you thinking about suicide?"
2. **Be There.** If someone you know is thinking about suicide, listen to their reasons for feeling hopeless and in pain.
3. **Help Keep Them Safe.** Ask if they've thought about a plan and separate them from anything they could use to hurt themselves.
4. **Help Them Connect.** Help them connect to a support system.
5. **Follow Up.** Check in with the person you care about on a regular basis.

For more information, visit [BeThe1To.com](http://BeThe1To.com)

## WARNING SIGNS

Recognizing warning signs may help determine if you or someone you love is at risk for suicide.

- Talking about wanting to die or end their life
- Looking for a way to end their life
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing substance use
- Impulsive or reckless behavior

Additional warning signs can be found at: [988lifeline.org/how-we-can-all-prevent-suicide](http://988lifeline.org/how-we-can-all-prevent-suicide)



## EVENTS & ACTIVITIES

Join HopeLink in participating in one of the following opportunities for

Suicide Prevention and Awareness Month:

- 9/8: AFSP NCAC Manassas Out of the Darkness Walk
- 9/10: World Suicide Prevention Day
- 9/14: Reason 2 Rock Concert Benefiting HopeLink
- 9/14: AFSP NCAC Loudoun Out of the Darkness Walk
- 9/29: AFSP NCAC Fairfax Out of the Darkness Walk
- 10/5: NAMI Walks Northern Virginia
- 10/19: AFSP NCAC DC Out of the Darkness Walk

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



## RESOURCES

If you or a loved one are in crisis or are having thoughts of suicide, **call or text 988 or chat at 988lifeline.org/chat** or contact your local Virginia Regional Crisis Call Center.

- Northern Virginia: 703-527-4077
- Central Virginia: 434-230-9704
- Greater Richmond: 804-223-5241
- Southeastern/Norfolk/VA Beach: 757-656-7755



Download 988 Wallet Cards in English and Spanish at: [HopeLinkBH.org/calltextlive](http://HopeLinkBH.org/calltextlive)



When crisis calls, we answer. 24/7.

**Call: 988 Text: 988**

**Chat: 988lifeline.org/chat**

