

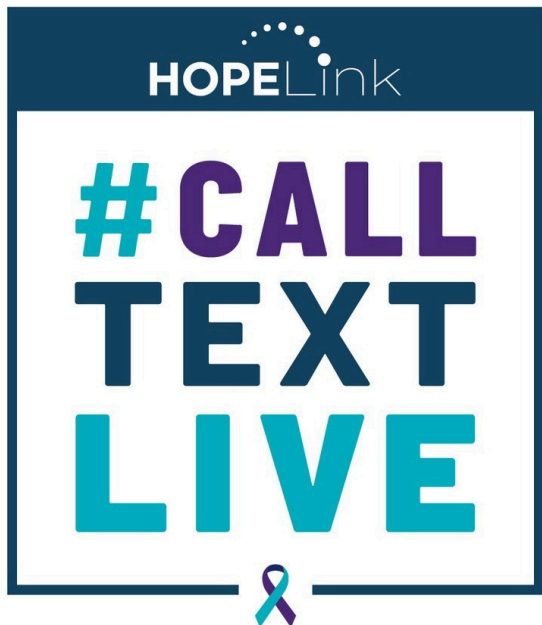
# SEPTEMBER

## SUICIDE PREVENTION & AWARENESS MONTH

You can make a difference — support, listen, and speak up for suicide prevention.

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

- In 2023, Suicide was the 11th leading cause of death.
- 49,316 Americans died by suicide in 2023, with an estimated 1.5 million suicide attempts.
- 91% of US adults believe that suicide can be prevented.
- Reducing stigma and encouraging open communication can save lives.

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

### EVENTS & ACTIVITIES

*Click each link to learn more!*

- 9/7: [AFSP Prince William Out of Darkness Walk](#)
- 9/8: [988 Day](#)
- 9/10: [World Suicide Prevention Day](#)
- 9/10: [HopeLink Suicide Prevention Webinar](#)
- 9/19: [Pathways to Wellness Conference](#)
- 9/20: [AFSP Loudoun Out of Darkness Walk](#)
- 10/4: [AFSP Fairfax Out of Darkness Walk](#)
- 10/9: [AFSP DC Out of Darkness Walk](#)



## PREVENTION #BeThe1To's 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.  
**Help Them Connect:** Help them connect to a support system.
4. **Follow Up:** Check in with the person you care about on a regular basis.



For more information, visit [BeThe1To.com](https://www.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.
- Increased substance use.
- Impulsive or reckless behavior.

**Additional warning signs can be found at:**  
[988lifeline.org/learn/warning-signs](https://988lifeline.org/learn/warning-signs)



### SOCIAL MEDIA

Follow @HopeLinkBH on Instagram and Facebook for resources and tips on suicide prevention and awareness. Share them with your network!

### 988 CARDS

Download 988 Wallet Cards in English and Spanish at:  
[HopeLinkBH.org/CallTextLive](https://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](https://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



**Call or Text: 988**  
**Chat: [988lifeline.org/chat](https://988lifeline.org/chat)**

