



SEPTEMBER

SUICIDE PREVENTION & AWARENESS MONTH

Be part of HopeLink's #CallTextLive Campaign during Suicide Prevention and Awareness Month. You can make a difference — support, listen, and speak up for suicide prevention. Together, we can create a supportive and safe community for all.

WHY #CALLTEXTLIVE

In 2024, Suicide was the 10th leading cause of death. 48,824 Americans died by suicide in 2024, with an estimated 2.2 million suicide attempts. 90% of US adults believe that suicide can be prevented. Reducing stigma and encouraging open communication can save lives. [afsp.org/suicide-statistics]

GET INVOLVED!

9/1 - 9/30: Support Bobby's Bagel Cafe in Oakton, VA – order during September to spot our logo on your bagel box.

9/1 - 9/30: Support Mama Tigre in Oakton, VA – order during September to spot our logo on your to-go box.

9/8: 988 Day – wear teal or purple to spread awareness for the 988 Suicide & Crisis Lifeline and share your photos with HopeLink on Facebook and Instagram.

9/10: World Suicide Prevention Day – Honor those who have lost their lives to suicide by lighting a candle near a window at 8 PM.

9/12: AFSP Prince William Out of Darkness Walk – register at AFSP's website!

9/15: HopeLink Lunch & Learn Webinar: Mental Health in the Workplace – Learn tips and resources to manage workplace stress, burnout, and support others. Register here – hopelinkbh.org/calltextlive

9/19: AFSP Loudoun Out of Darkness Walk – register at AFSP's website!

10/3: AFSP Fairfax Out of Darkness Walk – register at AFSP's website!

10/17: AFSP DC Out of Darkness Walk – register AFSP's website!

PREVENTION & AWARENESS RESOURCES

- Learn how to help someone in crisis with #BeThe1To's 5 Steps: [BeThe1To.com](https://www.bethe1to.com)
- Recognizing warning signs may help determine if you or someone you love is at risk for suicide. Learn the warning signs at 988lifeline.org/learn/warning-signs
- 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. HopeLink answers the 988 Suicide & Crisis Lifeline for Northern Virginia.
- Follow @HopeLinkBH on Instagram and Facebook for resources and tips on suicide prevention and awareness. Share them with your network!
- Download 988 Wallet Cards in English and Spanish at: HopeLinkBH.org/CallTextLive



988 | SUICIDE & CRISIS
LIFELINE

Follow along with us throughout the month on social media and share these resources with friends, loved ones, and those in your community. Share your activities with friends and family on social media using *#CallTextLive*.

ABOUT HOPELINK

HopeLink inspires hope and provides support for individuals and families experiencing crisis and behavioral health challenges. We serve over 1,700 individuals and families each year and handle over 395,000 calls, texts, and chats annually through the 988 Suicide & Crisis Lifeline. Learn more at hopelinkbh.org.



988 | SUICIDE & CRISIS
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Call or Text: 988 Chat:
988lifeline.org/chat

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