

Take Action for Suicide Prevention Activity Challenge



During the month of September, we celebrate Suicide Prevention Week (September 4th-10th, 2022) and World Suicide Prevention Day (September 10th, 2022). This is a time when individuals and organizations around the country and the world join their voices to broadcast the message that everyone can take action for suicide prevention and to remember loved ones lost to suicide. To view the 2022 Suicide Prevention Activation Kit, as well as download the challenge card visit: suicideispreventable.org/prevention-kit.php.

This is how it works!

1. Download the challenge card and or take a picture and save it to your phone.
2. Review and complete the challenges. Check them off on the challenge card!
3. Email your completed card to info@suicideispreventable.org or post a picture to your social media accounts with the hashtag #SuicidePrevention and #takeaction4MH.
4. The first 25 emails or posts received before September 30, 2022 receive a Mental Health Thrival Kit for youth or a Take Action for Mental Health Wellness Notebook for adults.

Challenge #1: Play one of our games for suicide prevention.

There are three powerful ways everyone can take action for suicide prevention: **Know the Signs, Find the Words, and Reach Out**. Download one or more of these [games](#) (Crossword Puzzle, Trivia, Bingo) and challenge yourself or a group of friends to a friendly competition. Have fun while learning the warning signs of suicide, tips for having a conversation with someone you are concerned about, and interesting facts about mental health and suicide prevention.

Challenge #2: Learn something new about suicide prevention.

Finding the words to talk about suicide is easier when you feel more knowledgeable about the subject. Familiarize yourself with a suicide prevention resource that is new to you; visit their website or their social media page and like, share, comment, or sign up for email alerts to show your support for the work they do. Find a list of resources [here](#), or visit the website or social media page of your local county behavioral health agency.

Challenge #3: Make a list of trusted contacts.

Having a strong social support network is a crucial element to thriving, but when in crisis it can be hard to think of who to reach out to. Write down three or more trusted contacts and the easiest way to reach them. These can be friends, family members, or providers. Be sure to include at least one crisis line or warm line that is dedicated to answering calls **24/7**. Place the list in a safe place near (or on) your phone or highlight the contacts on your smart phone with a special photo or image.

Challenge #4: Complete a wellness activity.

Wellness is an active process through which people become aware of, and make choices toward, a more successful existence. Wellness has many dimensions, including physical and emotional health, social interactions and connectedness with others, intellectual pursuits, spiritual practices and beliefs, and activities that provide a sense of meaning and purpose. People of all ages benefit from some common tenets of wellness, but the specific ways to achieve it change across the life span. For this challenge download the [Take Action for Mental Health Wellness Notebook](#) for Adults or the [Mental Health Thrival Kit](#) for youth and complete one of the journaling prompts, coloring pages, self-care practices, or breathing techniques.

Challenge #5: Light a candle for World Suicide Prevention Day.

On September 10th, take some time to show your support for suicide prevention and to remember loved ones lost to suicide by lighting a candle near a window at 8 p.m. Help spread the message by taking a photo and sharing on social media or with friends and family. Include #SuicidePrevention and #takeaction4MH. To learn more about World Suicide Prevention Day, visit iasp.info/wspd/.