

Take Action for Suicide Prevention: Thriving At All Ages

Overview and Activity Guide

How to Use: The activity guide is intended to help individuals and organizations across California with planning and implementing suicide prevention activities, during National Suicide Prevention Awareness Week and beyond. For additional support and questions, please email info@suicideispreventable.org.

2022 Suicide Prevention Activation Kit: www.suicideispreventable.org/prevention-kit.php

This year, in support of National Suicide Prevention Awareness Week and World Suicide Prevention Day, we are including a special focus on Take Action for Suicide Prevention: Thriving at All Ages. People of all ages benefit from some common tenets of wellness. Similarly, the warning signs of suicide and how to help someone in distress have much in common across the life span, but the specific ways that wellness is supported, and that problems are expressed, may be different. During Suicide Prevention Week and beyond, to support Thriving At All Ages, Californians are encouraged to take action for suicide prevention by recognizing the importance of strengthening resiliency, protective factors, and physical and emotional wellness throughout the lifespan and at different life stages.

We all have a role to play in suicide prevention. There are actions you can take right now to support yourself and those around you:

- Together we can Take Action for Mental Health by learning more, checking-in with ourselves and others, and getting support when needed. Visit takeaction4MH.com for more information.
- Together we can Take Action for Suicide Prevention by knowing the signs for suicide, finding the words to check-in with someone we are concerned about, and reaching out to resources. Visit suicideispreventable.org for more information.

Know the Signs



Find the Words



Reach Out

Preparation for Suicide Prevention Activations:

- Review suicide prevention data and activities for your county, such as calls to your local crisis line, awareness walks, and gatekeeper trainings. Create a list of talking points or a graphic that highlights successes and reasons for hope.
- Familiarize yourself with the [guidelines for effective messaging](#) around suicide prevention and share with others, including public information officers and your local media.
- Encourage your local media to partner to report on suicide prevention efforts that are taking place in your county during Back to School months, Suicide Prevention Week or Month, and Older Adult Mental Health Awareness Week.
- Share resources with your community partners and discuss ways in which to jointly promote student mental health/back to school resources, Suicide Prevention Week, and Older Adult Mental Health Awareness Week.
- Review the selection of drop-in articles in English and Spanish and identify sources in which to use them, such as local or regional newspapers and e-newsletters.
- Review the Suicide Prevention social media guide, images, and pre-written posts and add to your social media calendar, which can be found [here](#).
- Customize the Suicide Prevention Week proclamation template and share with your Board of Supervisors.
- Work with your web development team to add suicide prevention resources to your county or organization's website.
- Send out emails reminding staff and partners about student mental health/back to school resources, Suicide Prevention Week or Month, and Older Adult Mental Health Awareness Week and include planned activities and resources.

Back to School Suicide Prevention Activation: August

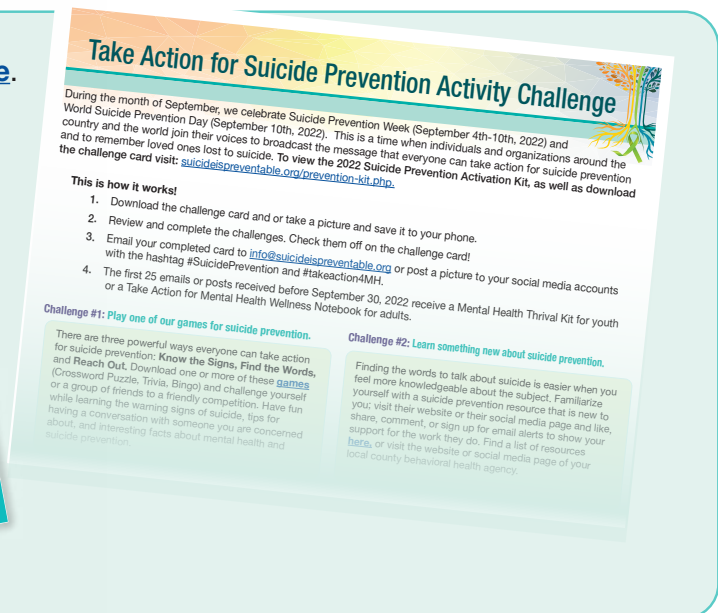
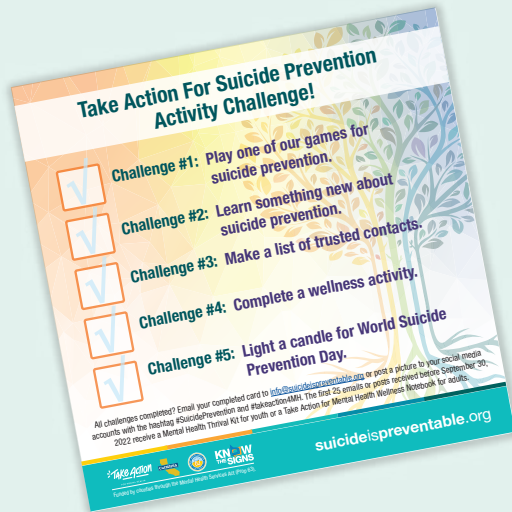
- Review and share student mental health and suicide prevention resources on the Back to School portion of the Know the Signs website.
- Download the Student [Mental Wellness Thrival Kit](#) to share with youth, parents and schools.
- Plan and implement youth-led mental health and suicide prevention activities utilizing the [Suicide Prevention Activity Guide](#).
- Encourage youth ages 12-25 to use art, song, narrative or film to create mental health and suicide prevention messages for their peers as part of the Directing Change Art and Film Contest: [DirectingChangeCA.org](#).



September 6th – September 10th: Suicide Prevention Week Activation

Suicide Prevention Week Activity Challenge

Download the flyer and challenge card [here](#).



Tuesday, September 6th, 2022: Challenge One: Play one of our games for suicide prevention.

- Send out the email: *'Suicide Prevention Week Challenge #1: Play a game for suicide prevention'* to staff and partners and promote on social media.
- Increase your knowledge about suicide prevention through games! Download the Know the Signs crossword puzzle, trivia game, and/or bingo game and challenge yourself or a group of friends or colleagues to join you.
- Hold a 'Lunch & Learn' session and share the [Suicide Prevention 101 Presentation](#) and other resources.
- Share the 'Know the Signs' social media posts, along with their pre-written captions, and print and display the 'Know the Signs' posters and take-away cards.
- Share and promote the 'The Rock' 15-second and 25-second animations encouraging men to reach out for help and those that love them to stay vigilant for indicators of distress.
- Update your [Zoom Backgrounds](#).
- Set up a virtual or in-person resource table to promote local and statewide resources.



Wednesday, September 7th, 2022: Challenge Two: Learn about a suicide prevention resource

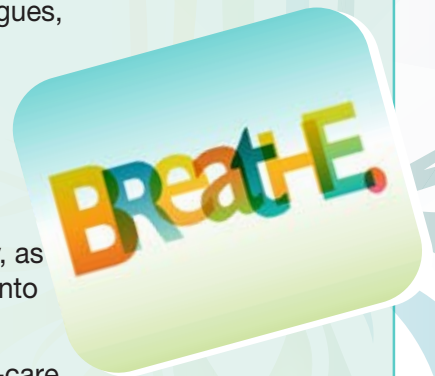
- Send out the email: *'Challenge Two: Learn about a suicide prevention resource.'*
- Familiarize yourself with a suicide prevention resource. Visit their website or their social media page and like, share, or comment to show your support for the work they do.
- Visit the website or social media page of your local county behavioral health agency to learn more about available resources. Many list local crisis resources, training opportunities, and suicide prevention events!
- Share the 'Find the Words' social media posts, along with their pre-written captions.

Thursday, September 8th, 2022: Challenge Three: Make a list of trusted contacts

- Send out the email: *'Suicide Prevention Week Challenge #3: Make a list of trusted contacts.'*
- Visit [SuicideIsPreventable.org](https://suicideispreventable.org) and explore the 'Reach Out' section which provides a variety of different resources at the county, state, and national level.
- Think about the words you use to talk about suicide and learn about safe and effective messaging by reviewing the ['Messaging Matters' tip sheet](#) and the [Action Alliance Framework for Successful Messaging](#).

Friday, September 9th, 2022: Challenge Four: Complete a wellness activity

- Send out the email: *'Suicide Prevention Week Challenge #4: Complete a wellness activity.'*
- Complete one of the journal prompts, coloring pages, self-care practices, or breathing techniques in the [Take Action for Mental Health Wellness Notebook](#) and/or the [Student Mental Wellness Thrival Journal](#) and share copies with colleagues, friends, and family members.
- Share the 'Breathe' social media posts, along with their pre-written captions.
- Schedule a 10 minute 'Breathe or Meditation Break' into your calendar. Use this time to remove distractions and partake in a breathing exercise of your choice. This can be done individually, as an office or even as a family. If possible, try to incorporate this into your daily routine moving forward.
- Host an in-person or virtual event focused on wellness and self-care exercises such as breathing, meditation, or yoga.



Saturday, September 10th, 2022: Challenge Five: Light a Candle for World Suicide Prevention Day

- Send out the email: *'Suicide Prevention Week Challenge #5: Light a Candle for World Suicide Prevention Day.'*
- Join in World Suicide Prevention Day celebrations and light a candle near a window at 8 p.m. Don't forget to share on social media!
- Participate in the International Association for Suicide Prevention's [Cycle Around the Globe](#) event to raise awareness of suicide prevention worldwide.
- Share stories and resources for survivors of suicide loss such as the brochure ["Help and Support After Suicide: Information and Resources to Promote Healing"](#) which explains complicated grief and offers resources for individuals who have lost a loved one to suicide.
- Learn more about World Suicide Prevention Day here: iasp.info/wspd/.



October 1st – 10th: Older Adults Mental Health Awareness Week Activation

- Learn the latest research in aging and suicide prevention by reading the Thriving At All Ages Data Briefing.
- Explore, download, and share the Take Action for Mental Health Wellness Notebook that's filled with journal prompts, coloring pages, and more.
- Reach out to individuals, organizations, and associations working with older adults to spread information about suicide prevention using the pre-written 'Email to Older Adult Partners' email.
- Share the 'Thriving At All Ages' and 'Age is Just a Number' drop-in article in local newspapers, newsletters, on websites, or via email to staff, community members, or others.
- Connect with local activity directors or other professionals working with older adults and share the 'Older Adult Activity Tip Sheet' and 'Thriving At All Ages Wellness Group Activity'.
- Provide a presentation on older adult suicide prevention utilizing the 'Older Adult Suicide Prevention 101 PowerPoint Presentation Template'.
- Put up the English or Spanish 'Depression Isn't a Normal Part of Aging' billboard in your county.
- You can find all of these resources and more at suicideispreventable.org/prevention-kit.php.

