

# Take Action For Suicide Prevention Activity Challenge!



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



**Challenge #2:** Learn something new about suicide prevention.



**Challenge #3:** Make a list of trusted contacts.



**Challenge #4:** Complete a wellness activity.



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

All challenges completed? Email your completed card to [info@suicideispreventable.org](mailto:info@suicideispreventable.org) or post a picture to your social media accounts with the hashtag #SuicidePrevention and #takeaction4MH. 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.