



September is Suicide Prevention Awareness Month

Helping others who may be in crisis can make a difference.

- Talk about the situation as openly as possible. Tell the person that you don't want them to die or to harm another person.
- Show understanding and compassion. Don't argue with the person or deny their feelings.
- Contact the National Suicide Prevention Lifeline (NSPL) at 988 via call or text.

Visit your member website to learn more.

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