

## September is National Suicide Prevention Month

It's a time to shed a light on this global health crisis and work to remove the stigma. Talking about suicide may feel uncomfortable, but we can all learn, take action and help save a life. Now is the time to build awareness, acceptance and compassion. Use the resources listed below to learn more on how to talk about suicide, how to notice when someone may need help and how to reach out for assistance.

### National Suicide Resources:

- American Foundation for Suicide Prevention [Link: <https://afsp.org/>] or call 1-888-333-AFSP (2377) for research education and current statistics on suicide
  - National Suicide Prevention Lifeline Link: [<https://suicidepreventionlifeline.org/>] – Call 1-800-273-TALK (8255) Provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you and your loved ones and best practice for professionals.
  - Stop a Suicide [Link: <https://stopasuicide.org/>] Offers a free interactive suicide risk inventory that immediately connects those are concerned about suicide risk in themselves or others with crisis intervention counselors or emergency services
  - Suicide Prevention Resources Center [Link: <https://www.sprc.org/> provides consultation, training and resources to enhance suicide prevention]
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- **Talk Saves Lives Training:** the American Foundation for Suicide Prevention has developed an interactive online training to help prevent suicide. *Talk Saves Lives*™ online tool is designed to help you understand suicide and know the warning signs. Then you can start the conversation. To start the training visit your member website, Username & Password = JHHS; under mental health and addictions > suicide prevention > Talk Saves Lives online training. For additional information, visit the [American Foundation for Suicide Prevention](#).
  - **Mental Health First Aid:** if you want to learn more about suicide, stigma, mental health issues and what you can do to help, consider signing up for a mental health first aid course by going to the Mental Health First Aid [website](#). Through education, you can help make a difference.
  - **Articles, Videos, and Resources to help understand and prevent suicide** – [Resources for Living](#) [<https://www.resourcesforliving.com/login>] will share more information and resources in support of Suicide prevention Username: JHHS Password: JHHS
    - [Facts About Suicide](#)
    - [Suicide Prevention Resources](#)
    - [Suicide Information Resources](#)

### How can I get emotional support for myself or a family member immediately?

If you or someone you know is in crisis, you can reach out to [mySupport](#) for professional support from a licensed counselor in the moment, call 443-997-7000, press option #2. You will be connected to a clinician in the moment, who will provide free, confidential, emotional support, and can help you to identify resources and next steps.

### What if I am a manager concerned about a member of my team?

Click [here](#) for more information on consulting with a mySupport OnSite clinician, referring employees to mySupport directly, making a referral, informal referrals and crisis response services. mySupport can lend guidance and consultation about the best ways to respond to difficult workplace situations.