



For I know the plans I have for you, declares the LORD, plans to prosper you and not to harm you, plans to give you hope and a future. Jeremiah 29:11

Did you know? Suicide is the 10th leading cause of death in the US.

September is National Suicide Prevention Awareness Month

Take 5 to Save Lives is a public awareness campaign run by the National Council for Suicide Prevention. The goal of the campaign is to encourage everyone to take 5 simple actions that focus on preventing the tragedy of suicide. The steps include:

**TAKE 5
TO SAVE LIVES**

1. **LEARN THE SIGNS.** Although it may not always be obvious, individuals experiencing an emotional crisis usually, exhibit one or more of the warning signs of suicide. Your ability to identify the signs will better prepare you to take action and could help save a life. Learn more at <https://www.take5tosavelives.org/>
2. **KNOW HOW TO HELP.** You should not be afraid to ask your friend if they are having thoughts of suicide. By knowing exactly what to say and do, you will be ready to act and keep your friends and family safe.
3. **PRACTICE SELF-CARE.** Research indicates that our mental fitness or wellness is crucial to our overall long-term health, and can even protect us from disease. Learn some tips for keeping mentally fit. Make it a priority!
4. **REACH OUT.** If you or someone you know is in emotional distress, you must reach out for help. You are not alone. Learn how to take that first step, in seeking help and care.
5. **SPREAD THE WORD.** Let us get people talking! By sharing the Take 5 campaign with five other people, we can raise awareness of the problem of suicide and equip people with easy tools to help themselves and others. Together we can all make a difference!

If you or someone you know is in need of emotional support or help, call the National Suicide Prevention Lifeline. Trained helpers are available 24/7. Call 1-800-273-TALK (8255) or Text TALK to 741-741.

By taking 5 minutes to learn about suicide, you will be making a difference in the world!

References and Resources:

Take 5 to Save Lives <https://www.take5tosavelives.org/>

American Association of Suicidology <https://suicidology.org/facts-and-statistics/> American Foundation for

Suicide Prevention <https://afsp.org/find-support/resources/>