

FacingSuicideVT

YOUR GUIDE TO GETTING INVOLVED WITH SUICIDE PREVENTION MONTH

Suicide Prevention Awareness Month, observed every September, is a time dedicated to increasing public knowledge of suicide prevention, promoting mental health, and acknowledging Vermonters we have lost to suicide and those affected by that loss.

There are many ways individuals, organizations, and communities can get involved to support suicide prevention awareness.

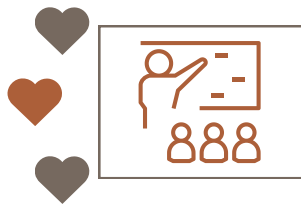


Support A Live Event

- During the months of August, September, and October, Vermonters can get involved by attending or sponsoring the many public events throughout Vermont dedicated to raising awareness about suicide. These events bring us together to promote suicide prevention and acknowledge the many Vermonters who have been affected by suicide. Check out these events, or go to the [Facing Suicide Events Calendar](#) for a full listing of events:
 - [Facing Suicide Together Through Stories of Hope and Healing](#).

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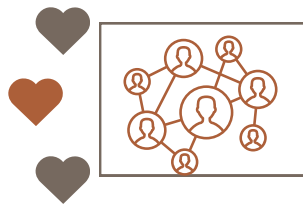
- [AFSP Out of the Darkness Walks](#)
- [Afterglow Music Festival to Shine the Light on Suicide Prevention](#)
- [Suicide Prevention Symposium](#)
- [#Shred4Nate](#)



Educate And Equip

- Attending or sponsoring a suicide prevention awareness training in your community or organization is a great way to increase our ability to recognize and support someone who may be at risk. Check out the [Facing Suicide Events Calendar](#) to learn about upcoming training, or contact the [Center for Health and Learning](#) to learn more about sponsoring a training in your community or organization.
- There are many online resources to learn about [suicide prevention](#), [warning signs](#), and available [resources](#).

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Share Information

- Spread awareness and resources that promote healing through social media, community events, or conversations.
- Copy and share the social media posts below:
 - September is National Suicide Prevention Awareness Month. There are many ways you can get involved in your community to prevent suicide. With your help, we can raise awareness about suicide prevention and mental health and face the issue of suicide together. Learn more about how you can get involved: FacingSuicideVT.com/get-involved
#FacingSuicideVT
 - Download and share this [accompanying video](#).
 - Suicide has many faces. Thankfully, we have many resources, advocates, crisis helplines, support systems, and peer groups to face this issue in Vermont. Hear real stories from survivors, learn about suicide prevention, and find support and resources at: FacingSuicideVT.com/get-involved
#FacingSuicideVT
 - Download and share this [accompanying image](#).
- Share [stories of hope and recovery from Vermonters with real experience](#).
- There are many national resources for promoting suicide awareness through social media and other platforms. Go to [Suicide Prevention Month | SAMHSA](#) for more information.

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Support Organizations

- Support local nonprofits involved in larger suicide prevention initiatives. Discover how you can contribute to suicide research and prevention programs. Together with your support, we can save lives.
 - [American Foundation for Suicide Prevention \(AFSP\) Vermont Chapter](#)
 - [Vermont Suicide Prevention Center \(VTSPC\)](#)
 - [Pathways Vermont](#)
 - [Outright Vermont](#)
 - [NAMI Vermont](#)



Check In With Others

- Reach out to friends, family, and colleagues to show your support and encourage help-seeking.
- When someone is struggling or in crisis, it may be helpful to use simple phrases such as:
 - “You seem a bit down lately, I just want you to know that I’m here for you.”
 - “That sounds difficult. How can I help?”
 - “It’s OK not to be okay right now. I’m here to listen whenever you’re ready to talk.”
 - You can find more suggestions from [NAMI here](#).

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- If you are worried about someone, go to [#BeThe1To](#) for [tips on talking to someone who may be at risk](#).
- You can also help connect them with local Vermont support by sharing resources from [FacingSuicideVT.com/get-help](#).

Don't Forget

The 988 Suicide & Crisis Lifeline provides free, confidential, 24/7 support by phone and chat.

Crisis Text Line provides free, confidential, 24/7 support by text. [text HOME to 741741 from anywhere in the U.S.]

The Trevor Project 24/7 crisis intervention and suicide prevention for LGBTQ youth.

Website: [thetrevorproject.org](#) Hotline: 1-866-488-7386 (TrevorLifeline) Text: START to 678678

Trans Lifeline Peer support hotline for transgender people. Website: [translifeline.org](#) Hotline: 877-565-8860

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Empower Youth And Young Adults

- Whether you're a parent, guardian, or caregiver, seeking guidance when challenges arise with the young people in your life is not a sign of weakness- it's a powerful act of strength, compassion, and love. Asking for help shows a commitment to growth, understanding, and doing what's best for those you care about most. Alongside that, creating open, supportive environments where young people feel seen, heard, and safe to talk about what they're going through also plays a vital role in suicide prevention. Take that step and make a difference.

Find support here:

- [Adolescent Health | Vermont Department of Health](#)
- [Mental Health, Drug, or Alcohol Issues: Helping your Child | SAMHSA](#).
- [Mental Health Resources for Parents and Caregivers | The Administration for Children and Families](#)

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Suicide Prevention Takes Many Forms

Taking small steps, such as practicing gratitude, going for a walk, or simply saying "yes" to plans – even if finding joy is hard right now – can make a big difference in supporting mental well-being, building internal resilience, and preventing crises. Whether you're caring for yourself or showing up for a friend or loved one, these "little things" can truly be life-changing.

Check out this [self-care checklist](#) to reflect on your current routine and explore new ways to strengthen your mental wellbeing. You can even support a friend or loved one by completing this list together!

Facing Suicide VT is a statewide initiative to improve how Vermont recognizes and supports individuals, families, and communities affected by suicide.

For more information, email FacingSuicideVT@vermont.gov or go to FacingSuicideVT.org.