

## SUICIDE PREVENTION AWARENESS MONTH

# Every Person. Every Day.

#BetterTogether



All month, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness. Join Jeffco Public Schools as we explore a different topic each week!

[jeffcopublicschools.org/hope](http://jeffcopublicschools.org/hope)

## WEEK 4: SHARE

- [Social Media Resources](#)
- [Lifesaving Phone #'s](#)
- [Hopeful Resources](#)
- [Survivor Support Packet](#)
- [Support Person Packet](#)
- [Loss Survivor Packet](#)

## TAKE ACTION

- [Attend a Training](#)
- [Advocate for Legislation](#)
- [Walk to Fight Suicide](#)
- [Reduce Availability of Lethal Means](#)
- [Take 5 to Save Lives](#)
- [Join a Support Group](#)
- [Get Involved with Trevor Project](#)