

Click on the images below to download the graphics.

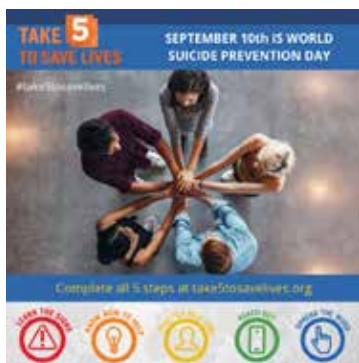


Post Date: Sept. 6

Post Text:

Stay tuned this week, and beyond, to learn about suicide prevention and how we can #KeepGoing together!

afsp.org/KeepGoing



Post Date: Sept. 8

Post Text:

In honor of National Suicide Prevention Week, we're sharing 5 very important steps to help save lives. Each day, we'll share 1 of the 5 steps and encourage you to take 5 minutes out of your day to complete the step!

<https://www.take5tosavelives.org/take-5-steps>



Post Date: Sept. 9

Post Text:

Complete Step 1 Today!

<https://www.take5tosavelives.org/learnthesigns>

Cover graphic from video will auto-populate



Post Date: Sept. 10 (early)

Post Text:

With 800,000 global suicides each year, learn how “stepping closer” can make a big difference.

Link to Video:

https://www.youtube.com/watch?time_continue=112&v=ndjc-JAaOVd&feature=emb_logo



Post Date: Sept. 10

Post Text:

Complete Step 2 Today!

<https://www.take5tosavelives.org/knowhowtohelp>



Post Date: Sept. 11

Post Text:

Complete Step 3 Today!

<https://www.take5tosavelives.org/practiceselfcare>



Post Date: Sept. 12

Post Text:

Complete Step 4 Today!

<https://www.take5tosavelives.org/reachout>



Post Date: Sept. 13

Post Text:

Complete Step 5 Today!

<https://www.take5tosavelives.org/spreadtheword>



Post Date: Sept. 16

Post Text:

Are you or someone you care about having suicidal thoughts? Not sure if you should seek the help of a professional? Complete this brief, confidential survey to find out more.

<https://screening.mentalhealthscreening.org/NEW>



Post Date: Sept. 18

Post Text:

September is National Suicide Prevention Month. Suicide Prevention is Everyone's Business, every day of every year.

<https://www.aas365.org/>

Cover graphic from
video
will auto-populate



Post Date: Sept. 22

Post Text:

Each year in the U.S. we lose 1 person every 11 minutes to suicide. It's time to get involved. It's time to make our efforts count. #AAS365

Link to Video:

https://www.youtube.com/watch?time_continue=53&v=8ottSXIMnFs&feature=emb_title



Post Date: Sept. 25

Post Text:

Contact your local crisis center to find out how you can help. Donate, volunteer your time, or just let them know you're there for them.

<https://www.myconnectionnew.org/>