



September marks both  
**World Suicide Prevention Day**  
(September 10, 2016)  
and  
**National Suicide Prevention Week**  
(September 5-11, 2016).

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Many NC communities will hold awareness events this fall to remember those lost to suicide, to honor and support survivors, and to focus on prevention efforts.

You can take these steps to make a difference this month and throughout the year:

- [Participate in Out of the Darkness Walks](#) to raise awareness and funds for the American Foundation for Suicide Prevention to invest in research, education, policy change, and survivor support.
- Promote the [National Suicide Prevention Lifeline](#), 1-800-273-TALK(8255). Save the number in your phone so it's easy to access when you need it.
- Support [suicide attempt survivors](#) and [survivors of suicide loss](#).
- Identify state-specific examples of what **you** can do to prevent suicide in the [NC Suicide Prevention Plan](#).
- Participate in a suicide prevention and intervention training, such as [ASIST](#) or [QPR](#).
- Use the [National Action Alliance for Suicide Prevention Framework for Successful Messaging](#) as a guide in developing messages about suicide that are strategic, safe, and positive.
- Find more ways to take action from the Suicide Prevention Resource Center [here](#).

**Connect. Communicate. Care.**

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