

Suicide Prevention External Resources include:

- * National Alliance on Mental Illness (NAMI): Suicide Prevention Awareness Month (SPAM) | NAMI: National Alliance on Mental Illness <[https://nami.org/Get-Involved/Awareness-Events/Suicide-Prevention-Awareness-Month-\(SPAM\)](https://nami.org/Get-Involved/Awareness-Events/Suicide-Prevention-Awareness-Month-(SPAM))>
- * 988 Lifeline <<https://988lifeline.org/>> provides 24/7, free and confidential support for people in distress, prevention and crisis resources.
- * #BeThe1To <<https://www.bethe1to.com/>> is a campaign to spread the word about actions we all can take to prevent suicide.
 - * The CDC created a Suicide Prevention Month Social Media Toolkit <<https://www.cdc.gov/suicide/resources/partner-toolkit.html>>, which includes sample social media graphics and messages centered around the key role personal connections play in preventing suicide.
 - * Suicide Prevention Resource Center (sprc.org) <<https://sprc.org/>>

Upcoming September Behavioral Awareness Webinars

Register: Knowledge Center | Cigna <<https://www.cigna.com/knowledge-center/>>

<https://www.nbcnews.com/health/mental-health/cdc-data-finds-suicides-reached-time-high-2022-rcna99327>

How The 5 Steps Can Help Someone Who is Suicidal -
#BeThe1To<<https://www.bethe1to.com/bethe1to-steps-evidence/>>