



## Suicide Prevention Awareness Month *Hope, Resilience & Recovery*



### September is Suicide Prevention Awareness Month —

September is Suicide Prevention Month, but every day is a good day to reach out to connect with someone who might be struggling – saying “hello” to someone at school or work that seems to be alone, checking in with a friend or family member, or just listening to someone who may need to talk. A smile or a conversation can go a long way in showing that someone is not alone.

Suicide is a major public health concern. More than 48,000 people die by suicide each year in the United States; it is the 10th leading cause of death overall. September is dedicated to raising awareness about suicide, sharing resources, reaching out to those affected by suicide, and connecting individuals with treatment services they may need.

Although there is no single cause of suicide, one of the risks for suicide is social isolation, an even more significant factor in this era of COVID-19. There’s scientific evidence for reducing suicide risk by making sure we connect with one another. We can all play a role through the power of connection by having real conversations about mental health and suicide with people in everyday moments – whether it’s with family members, friends or people we encounter in the community.

The following are resources for mental health care and suicide prevention.

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### Suicide and Crisis Hotlines —

- **National Suicide Prevention at Lifeline:** 1-800-273-TALK (8255)
- **Pinal County:** 1-866-495-6735
- **Maricopa County:** 1-800-631-1314 or 602-222-9444
- **Teen Life Line:** phone or text 602-248-TEEN (8336)
- **Veterans Crisis Line:** 1-800-273-8255 (press 1)
- **Be Connected (Veterans):** 1-866-4AZ-VETS (429-8387)

➤ *See more resources on the following page.*



(833) 431-4449



[info@hhwaz.org](mailto:info@hhwaz.org)



[www.hhwaz.org](http://www.hhwaz.org)



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## Suicide Prevention Resources —

- **Warning Signs and Risk Factors:**
  - <https://www.nami.org/About-Mental-Illness/Common-with-Mental-Illness/Risk-of-Suicide>
- **How to Help If You Are Concerned About Someone's Safety:**
  - <https://suicidepreventionlifeline.org/help-someone-else/>
- **Frequently Asked Questions:**
  - <https://www.nimh.nih.gov/health/publications/suicide-faq/index.shtml>
- **Facts About Suicide:**
  - <https://afsp.org/suicide-statistics/>
- **Common Misconceptions About Suicide:**
  - <https://www.nami.org/Blogs/NAMI-Blog/September-2018/5-Common-Myths-About-Suicide-Debunked>
- **Other Suicide Prevention Resources:**
  - <https://www.samhsa.gov/find-help/suicide-prevention>
  - <https://www.cdc.gov/violenceprevention/suicide/fastfact.html>

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## Community Training and Education by Horizon —

For information on suicide prevention and community education programs, please contact:

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- **Applied Suicide Prevention Skills Training (ASIST) ~**
  - A two-day hands-on interactive experience that helps participants become ready, willing, and able to perform suicide first aid intervention.
- **SafeTALK (Suicide Alertness for Everyone) ~**
  - A 3 – 4 hour training that teaches participants how to become alert to identify those who have thoughts of suicide. Participants will learn how to apply the TALK steps: *Tell, Ask, Listen, and Keep Safe.*
- **Mental Health First Aid ~**
  - A two-day course that educates participants to offer assistance to individuals with mental health problems, such as depression, anxiety disorders, or substance use disorders, before a crisis develops.