


# 720,000

**People globally lost to suicide  
every year.**

A close-up, dark, and grainy photograph of a person's face. The person's mouth is open, and a piece of white, torn paper is held between their lips. The paper has the word "Shh..." written on it in a dark, handwritten-style font. The person's nose and part of their beard are visible. The background is dark and out of focus.

Shh...



**The face of suicide could be  
anyone— maybe even someone  
you know.**

**Suicide impacts people across  
all ages, backgrounds, and  
identities.**

**Every Story Matters**



# Recognizing Warning Signs

Talking about feeling hopeless or like a burden.

Withdrawing socially, showing mood swings, or increasing substance use.

Sudden calmness after despair, or giving away possessions.

Facing major life changes, mental health or substance struggles, grief, or trauma.

If you notice these signs— don't stay silent. **Speak Up!**



**Your charisma and energy lit up every room. I'm so grateful I got to share part of this life with you. I still think about you often.**

**I still wonder how I missed the grief wearing on the sides of your smile and what I could've done. How I could've shown up for you.**

In memory of a life lost to suicide.



# Supporting Someone At Risk

## STAY CONNECTED

Check in often—connection helps reduce feelings of isolation. Foster open, honest conversations. Listen without judgment. Remind others they matter—your presence can be a lifeline.

## NORMALIZE SEEKING HELP

Mental health matters just as much as physical health. Break the stigma by encouraging open dialogue. Create safe spaces, and remind others (and yourself) that it's okay to ask for help.

## BUILD SUPPORT SYSTEMS

Share mental health resources and crisis contacts. Promote peer support, check-ins, and Employee Assistance Programs (EAPs) to make help more accessible.

# Accessing Resources

## UNITED STATES

Resource	Contact / Website	Description
988 Suicide & Crisis Lifeline	Dial 988, 988lifeline.org	24/7 national line for suicide prevention and mental health crises.
Veterans Crisis Line	Dial 988 (Press 1); Text 838255; veteranscrisisline.net	Specialized crisis support for U.S. veterans, service members, and their families.
American Foundation for Suicide Prevention (AFSP)	afsp.org	National nonprofit focused on research, education, and advocacy to prevent suicide.
Trevor Project	1-866-488-7386; Text START to 678678; thetrevorproject.org	Crisis intervention and suicide prevention services for LGBTQ youth.
Crisis Text Line	Text HOME to 741741	Free, confidential text support for any type of crisis, 24/7.
SAMHSA Treatment Referral Helpline	1-800-662-HELP	Confidential referrals to local mental health and substance use services.
MentalHealth.Gov	mentalhealth.gov	Government hub for education and resources on mental health topics.
Mental Health America (MHA)	mhanational.org	Advocacy, screening tools, and community programs for mental health awareness.



# YOU ARE NOT ALONE

Talk. Share. Find Support.

[septemberday.co/resources](https://septemberday.co/resources)

