

SEPTEMBER 2021

SUICIDE PREVENTION AWARENESS MONTH

Take One Action!

We challenge you to take one action to promote youth suicide prevention and mental wellness! Snap a picture of what you did and caption it. Post on social media and use the hashtags: #PSNyouth #PSN1action #YouthSuicidePrevention #PSNcollectiveimpact. Send it over to Project Safety Net (info@psnyouth.org) and we will share your content!

Learn how to ask directly about suicide

Actively listen to a young person about a topic of their choosing

Learn the warning signs of suicide
suicideispreventable.org

On World Suicide Prevention Day (9/10)
take5tosavelives.org

Let us know what action you think creates suicide prevention

Explore and add a new practice to your mental health toolkit

Get trained on how to help a youth experiencing crisis or challenges

Creatively promote a mental health resource

Initiate a conversation on preventing youth suicide

Crisis Text Line: Text "BAY" or "RENEW" to 741741
Santa Clara County Crisis Hotline: 1-855-278-4204
San Mateo County Crisis Hotline: 1-650-579-0350
National Suicide Prevention Lifeline: 1-800-273-8255
Trevor Lifeline (LGBTQIA+): 1-866-488-7386



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