

[September is Suicide Prevention Awareness Month](#)

Every year, more than 41,000 individuals die by suicide. September is National Suicide Prevention Awareness Month, a time to increase understanding of the factors that lead to suicide and share resources that may help someone in need. The purpose of National Suicide Prevention Awareness Month is to reduce the stigma surrounding this topic. For more information and resources, visit the National Alliance on Mental Health Suicide Prevention Awareness Month at: <https://www.nami.org/Get-Involved/Awareness-Events/Suicide-Prevention-Awareness-Month>.

Crisis Numbers:

If you or someone you know is in an emergency, call 911 immediately.

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

About: The National Suicide Prevention Lifeline is a suicide prevention network of crisis centers throughout the country that provides a 24/7, toll-free hotline for anyone in suicidal crisis or emotional distress. After dialing the lifeline, the caller is routed to the nearest crisis center for immediate intervention and referrals to local behavioral health services.

National Alliance on Mental Illness (NAMI) National Crisis Text Line: Text NAMI to 741-741

About: The NAMI crisis text line connects individuals experiencing a mental health crisis with a trained crisis counselor to receive free, 24/7 crisis support via text message.

United Way Suicide Prevention and Emergency Resource Hotline: 2-1-1

About: 2-1-1 is a free service provided by United Way that connects residents to health and social service resources when they need help most. The program helps individuals with food, housing and utilities, youth and childcare issues, physical and mental health services, 24-hour crisis and suicide counseling, and elder services. The hotline is accessible 24 hours per day, 7 days per week. For more information about resources provided through your local 2-1-1, visit: <http://www.211.org/>.

References:

1. National Alliance on Mental Illness. "Suicide Prevention Awareness Month." September 2018. Available from: <https://www.nami.org/Get-Involved/Awareness-Events/Suicide-Prevention-Awareness-Month>.
2. United Way Worldwide. "About 2-1-1." September 2018. Available from: <http://www.211.org/pages/about>.
3. Suicide Prevention Lifeline. "Promote National Suicide Prevention Month." September 2018. Available from: <https://suicidepreventionlifeline.org/promote-national-suicide-prevention-month/>.