Everyone has a role in suicide prevention! Participate in PRS CrisisLink’s #CallTextLive Campaign throughout Suicide Prevention and Awareness Month. You play an important role in creating a suicide safe community.

**WHY #CALLTEXTLIVE**

Suicide was the 12th leading cause of death in 2020, causing the deaths of nearly 46,000 Americans. Removing the stigma around reaching out and discussing suicide is important to saving lives and creating suicide safer communities.

**EVENTS AND ACTIVITIES**

Join PRS in recognizing Suicide Prevention and Awareness Month by participating in one of the following events & activities:

- September 10: World Suicide Prevention Day
- September 17: AFSP NCAC Loudoun Out of the Darkness Walk
- September 17: PRS Care Package Volunteer Day
- October 1: AFSP NCAC Fairfax Out of the Darkness Walk
- October 8: NAMI Walks Your Way Northern Virginia

For more information, visit prsinc.org/calltextlive

**SOCIAL MEDIA**

Follow PRS on Facebook (@PRSincorporated), Twitter (@PRSincorporated), and Instagram (@PRS_MentalHealth) for resources and tips on suicide prevention and share them with your network. The more people that are aware of suicide prevention, the more lives we can change!
### Warning Signs

Recognizing warning signs may help determine if you or someone you love is at risk for suicide.
- Talking about wanting to die or to kill themselves
- Looking for a way to kill themselves
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Impulsive or reckless behavior

Additional warning signs can be found at [988lifeline.org/how-we-can-all-prevent-suicide](http://988lifeline.org/how-we-can-all-prevent-suicide)

### Prevention

#BeThe1To created five steps to help someone in crisis:

1. **Ask**: Ask the tough question. When somebody you know is in emotional pain, ask them directly: “Are you thinking about killing yourself?”
2. **Be There**: If your friend is thinking about suicide, listen to their reasons for feeling hopeless and in pain.
3. **Keep Them Safe**: Ask if they’ve thought about how they would do it and separate them from anything they could use to hurt themselves.
4. **Help Them Connect**: Help your friend connect to a support system.
5. **Follow Up**: Check in with the person you care about on a regular basis.

For more information, visit [BeThe1To.com](http://BeThe1To.com)

### Resources

If you or a loved one are in crisis or having thoughts of suicide, call or text 988 or chat at [988lifeline.org/chat](http://988lifeline.org/chat) or contact your local Virginia Regional Crisis Call Center:

- Northern Virginia: 703-527-4077
- Central Virginia: 434-230-9704
- Richmond area: 804-223-5241
- Southeastern/Norfolk/VA Beach: 757-656-7755

For more information on suicide prevention, please visit these resources:

- 988 Suicide & Crisis Lifeline: [988lifeline.org](http://988lifeline.org)
- #BeThe1To: [BeThe1To.com](http://BeThe1To.com)
- AFSP National Capital Area: [afsp.org/chapter/national-capital-area](http://afsp.org/chapter/national-capital-area)
- NAMI Northern Virginia: [nami-northernvirginia.org](http://nami-northernvirginia.org)
- Eric Monday Foundation: [ericmondayfoundation.org](http://ericmondayfoundation.org)

### Additional Resources

For more information, please visit these organizations:

- AFSP National Capital Area: [afsp.org/chapter/national-capital-area](http://afsp.org/chapter/national-capital-area)
- NAMI Northern Virginia: [nami-northernvirginia.org](http://nami-northernvirginia.org)
- Eric Monday Foundation: [ericmondayfoundation.org](http://ericmondayfoundation.org)

Additional risk factors can be found at [988lifeline.org/how-we-can-all-prevent-suicide](http://988lifeline.org/how-we-can-all-prevent-suicide)