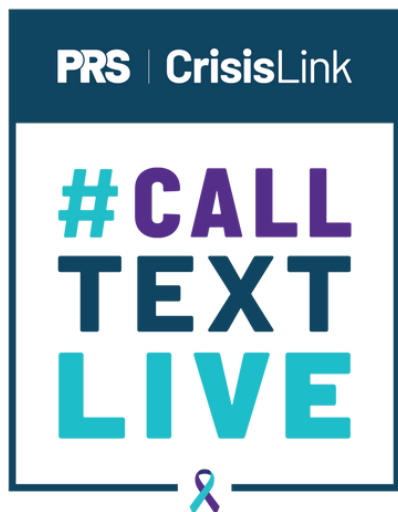


September is Suicide Prevention & Awareness Month



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 11th leading cause of death in 2021, causing the deaths of more than 48,000 Americans. Removing the stigma around reaching out and discussing suicide is important to saving lives and creating suicide safer communities.

For more information, visit afsp.org/suicide-statistics.



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 10: AFSP NCAC Manassas Out of the Darkness Walk
- September 16: AFSP NCAC Loudoun Out of the Darkness Walk
- September 23: NAMI Walks Northern Virginia
- October 1: AFSP NCAC Fairfax Out of the Darkness Walk

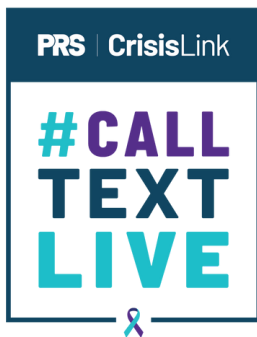
For more information, visit prsinc.org/calltextlive

SOCIAL MEDIA

Follow PRS on Facebook (@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!



When crisis calls, we answer 24/7.
Call: 988 Text: 988 Chat: 988lifeline.org/chat



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 end their life
- Looking for a way to end their life
- 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

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** or contact your local Virginia Regional Crisis Call Center:

- Northern Virginia: 703-527-4077
- Central Virginia: 434-230-9704
- Greater Richmond: 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
- #BeThe1To: BeThe1To.com
- AFSP National Capital Area: afsp.org/chapter/national-capital-area
- NAMI Northern Virginia: nami-northernvirginia.org
- Eric Monday Foundation: ericmondayfoundation.org

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 someone you know is thinking about suicide, listen to their reasons for feeling hopeless and in pain.
3. **Keep Them Safe:** Ask if they've thought about a plan and separate them from anything they could use to hurt themselves.
4. **Help Them Connect:** Help them 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

LGBTQI+ YOUTH 988 SERVICE AVAILABLE

PRS CrisisLink is a proud member of 988's LGBTQI+ Youth Chat and Text Subnetwork. Any members of the LGBTQI+ community who are age 25 and below and are experiencing a crisis can now connect with a specially trained crisis worker.

For specialized LGBTQI+ affirming support for youth, text "Q" to 988, press 3 when prompted while calling 988, or go to 988lifeline.org/chat and check the LGBTQI+ box in the pre-chat survey. There are crisis counselors available to support you.

Text: "Q" to 988 | Call: 988, option 3 | Chat: 988lifeline.org/chat



When crisis calls, we answer 24/7.
Call: 988 Text: 988 Chat: 988lifeline.org/chat