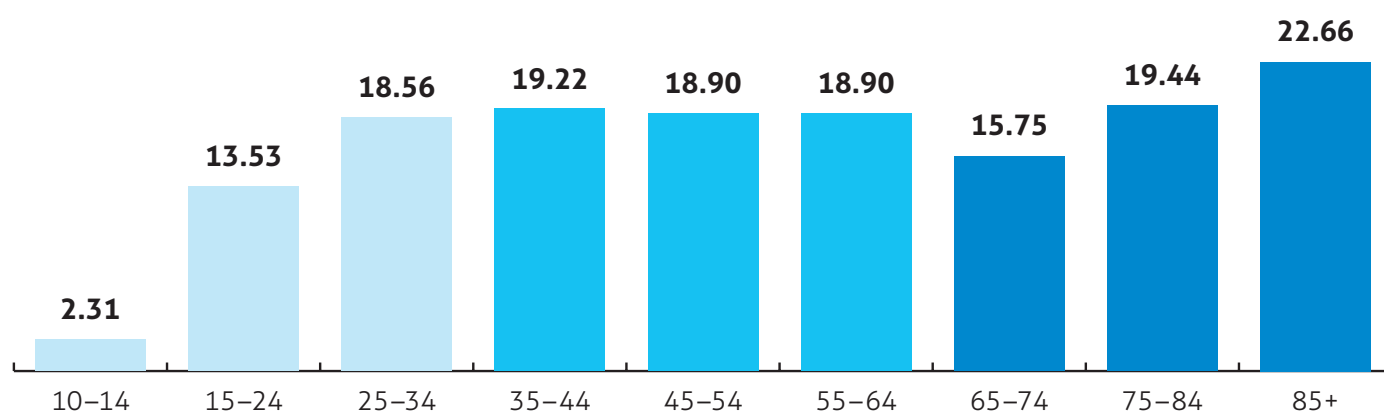


SEPTEMBER IS SUICIDE PREVENTION AWARENESS MONTH

Prevent suicide across all ages

Suicide affects lives across generations. Understanding the scope helps us recognize prevention efforts must reach everyone in our communities.

2023 suicide rates per 100,000 people, by age group



We can all help save lives. Here's how:

- Talk openly about mental health and emotional struggles
- Check in on loved ones regularly
- Listen without judgment
- Know the warning signs—withdrawal, hopelessness, changes in mood or behavior

If you or someone you know is in crisis, call or text 988 for the Suicide & Crisis Lifeline, available 24/7.



Scan the QR code to visit your member website for more information.

Source: American Foundation for Suicide Prevention

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