TAKE 5 TO SAVE LIVES
September is Suicide Prevention Month

Suicide touches people of every age, race, sexual identity, religon, socio-econmic background and culture. More people die from suicide each year than automobile accidents. In New York City, suicide continues to increase, with almost 18% of NYC high school students seriously considering suicide on an annual basis.

That is why **Sucide Prevention Is Everyone's Business** and "working together to prevent suicide" is a call to action embraced by organizations and individuals around the world. Take these 5 Steps to help those in need!

1. Attend International Suicide Prevention Day Rally in NYC

Samaritans Suicide Prevention Center in collaboration with the Coalition for Behavioral Health invite you to attend a rally on the steps of City Hall on International Suicide Prevention Day, **Monday, September 10, 1pm** and stand up for those impacted by stigma and those working to prevent it!

JOIN TODAY!

2. Take 5 to Save Lives

Follow the guidelines of the International Association of Suicide Prevention, national and local experts and take these 5 steps to help those in distress, prevent suicide and save lives.

TAKE ACTION!

3. Participate in Samaritans 6th Annual BE A FRIEND Walkathon

Join friends, family members, suicide prevention advocates and others, **Saturday, September 29** for our 5k Walkathon to support our suicide prevention hotline and support services for those at-risk, those touched by suicide and survivors of suicide loss!

REGISTER NOW!

4. Spread the word

Fight stigma, the myths and misconceptions about mental health and suicide. Share information about Suicide Prevention Month with your friends, family & cowokers on Facebook, Instagram & other social media.

5. Volunteer for Samaritans hotline or other community service

You can make a difference! Everybody needs a helping hand at some point in their life, and community hotlines and support services can provide that all important lifeline they need.

VOLUNTEER!