



# September is SUICIDE PREVENTION AWARENESS MONTH

## Kentucky Suicide Prevention Awareness Resource Guide

# WHY IS SUICIDE PREVENTION MONTH IMPORTANT?

## History of Suicide Prevention Awareness Month

Since being declared "National Suicide Prevention Awareness Month" in 2008, September has become a time to raise awareness about suicide, acknowledge those who have lost someone to suicide, and connect help when needed.



## Suicide Prevention Month

Suicide can affect anyone regardless of age, gender or background. Suicide can be the result of an untreated mental health condition. Although suicidal thoughts can happen to anyone, they should not be considered normal and may indicate a more serious problem. Individuals, communities, friends, families, coworkers come together this month and help raise awareness about suicide. Now is the time to normalize mental health and break the stigma by talking about mental health and suicide. Use this month to spread messages of hope, educate others, and connect to care those who may need help. The goal is to ensure that everyone has access to the resources and help they need and deserve.

# SEPTEMBER SUICIDE PREVENTION AWARENESS DATES

## September is Suicide Prevention Month

"During the month of September, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness."

**For more information please visit:**

<https://988lifeline.org/promote-national-suicide-prevention-month/>

**#BETHE1TO**

## Construction Suicide Awareness Week September 4, 2023- September 8, 2023

"In 2020, a mission-driven group of volunteers from across the construction industry came together with the goal of saving lives. They collaborated to launch the inaugural Suicide Prevention Week for the industry – a week dedicated to raising awareness about the higher-than-average number of suicides in the construction industry, and to providing resources to help prevent those deaths."

**For more information please visit: <https://constructionsuicideprevention.com/>**

## National Suicide Prevention Week September 10, 2023- September 16, 2023

This week is a time to promote suicide prevention awareness through the sharing of stories, resources and education.

**For more information please visit: <https://afsp.org/national-suicide-prevention-week/>**

## World Suicide Prevention Day September 10, 2023

World Suicide Prevention Day (WSPD) was established in 2003 by the International Association for Suicide Prevention in conjunction with the World Health Organization (WHO). Each year, WSPD aims to "focus attention on the issue, reduces stigma, and raises awareness among organizations, governments, and the public, giving a singular message that suicides are preventable."

**For more information please visit: <https://www.who.int/campaigns/world-suicide-prevention-day/2023>**

## Kentucky Farmer Suicide Prevention Day September 20, 2023

"Farmer Suicide Prevention Day" was created to encourage citizens of the Commonwealth to recognize the mental health challenges faced in the farming community and to fully support those farmers and farm families who produce the food, fiber, feed, and fuel for this nation and the world.

**For more information on resources for farmers and their families please visit:**

<https://www.raisinghopeky.com/>

# WAYS TO RAISE AWARENESS ABOUT MENTAL HEALTH AND SUICIDE

## Suicide Prevention Month: Ways to Take Action

1. Learn the warning signs of suicide and educate others.
2. Learn the helpful terminology and how to talk about mental health and suicide in a non-stigmatizing way.
3. Learn the statistics about suicide.
4. Learn how to be apart of effective ways to reduce suicide.
5. Join or start a community suicide prevention effort.
6. Attend a suicide prevention event: AFSP hosts a variety of events. Check out their website to find an event near you.
7. Share resources through social media and signage throughout your community.

# SAFE MESSAGING ABOUT SUICIDE PRACTICES TO AVOID

These practices can be **UNSAFE** or **UNHELPFUL**.

For more details visit:

<https://suicidepreventionmessaging.org/safety/messaging-donts>

- DON'T** show or describe suicide methods or locations.
- DON'T** include personal details of people who have died by suicide.
- DON'T** glorify or romanticize suicide.
- DON'T** portray suicidal behavior as more common than it is or as a typical way of coping with adversity.
- DON'T** use data or language that suggests suicide is inevitable or unsolvable.
- DON'T** oversimplify the causes of suicide.
- DON'T** reinforce negative stereotypes, myths, or stigma related to mental illness or suicidal persons.

# MENTAL WELLNESS RESOURCES

Improving and maintaining mental wellness helps to prevent suicide by building resilience and life skills and providing opportunities to connect with others.

## **National Institute of Mental Health - Caring for your Mental Health**

Learn the basics of mental health self-care:

<https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>

## **National Institute of Mental Health - Your Healthiest Self**

Find tips for improving emotional, social, physical, and environmental wellness:

<https://www.nih.gov/health-information/your-healthiest-self-wellness-toolkits>

## **Mental Health America - Workplace Wellness Toolkit**

Toolkit to help support employee mental health and well-being:

<https://mhanational.org/workplace/toolkit>

## **National Institute of Mental Health - I'm So Stressed Out**

Understand the difference between stress and anxiety and how to manage each:

<https://www.nimh.nih.gov/health/publications/so-stressed-out-fact-sheet>

## **Harvard Health Blog - Mental Wellness and Nutrition**

Learn more about the link between mental wellness and nutrition:

<https://www.health.harvard.edu/blog/diet-and-depression-201802221309>

<https://www.health.harvard.edu/blog/nutritional-strategies-to-ease-anxiety-201604139441>

## **Mental Health America - Navigating Virtual Spaces for Youth**

Resources to help young people navigate the virtual world

<https://mhanational.org/youth-tech>

## **Mental Health America of Kentucky - Mental Health Screening**

Everyone experiences times of anxiety, stress, and sadness. Knowing when it's time to seek professional mental health assistance is important.

<https://screening.mhanational.org/screening-tools/?ref=MHAKY>

# SUICIDE PREVENTION AWARENESS RESOURCES

Utilize these resources to promote suicide prevention awareness activities, prevention education, how to seek help, and more:

## National Action Alliance For Suicide Prevention:

The National Action Alliance website has resources for suicide prevention month that include messaging, campaign resources, email sign ups, calendar events and much more.

**For more information visit:** <https://theactionalliance.org/bethere>

## SPRC Suicide Prevention Resource Center:

### Suicide Prevention Month Ideas for Action September 2023

SPRC has provided a resource where you can learn about effective suicide prevention, join messaging campaigns and events, ways to create safe messaging, how to encourage help seeking and promote suicide awareness month and much more.

**For more information visit:** <https://sprc.org/wp-content/uploads/2023/07/SPM-Ideas-for-Action-2023.pdf>

## Center for Disease Control and Prevention:

### Suicide Prevention Partner Toolkit

CDC created a Suicide Prevention Month Toolkit. This toolkit includes sample social media graphics and messages centered around the key role personal connections play in preventing suicide. The toolkit also highlights messages about the importance of connecting with others, learning how to cope with stress in order to increase resilience and promoting the 988 Suicide and Crisis Lifeline.

**For more information visit:** <https://www.cdc.gov/suicide/resources/partner-toolkit.html>

## National Institute of Mental Health: Suicide Prevention

This suicide prevention website has resources including what is suicide, warning signs of suicide, risk factors, how someone can find help and much more.

**For more information visit:** <https://www.nimh.nih.gov/health/topics/suicide-prevention>

## Kentucky Department of Veteran Affairs

The Kentucky Department for Veteran Affairs provides Kentucky veterans and their families with benefits and services. **For more veteran resources and suicide awareness events please visit:** <https://veterans.ky.gov/Pages/index.aspx>

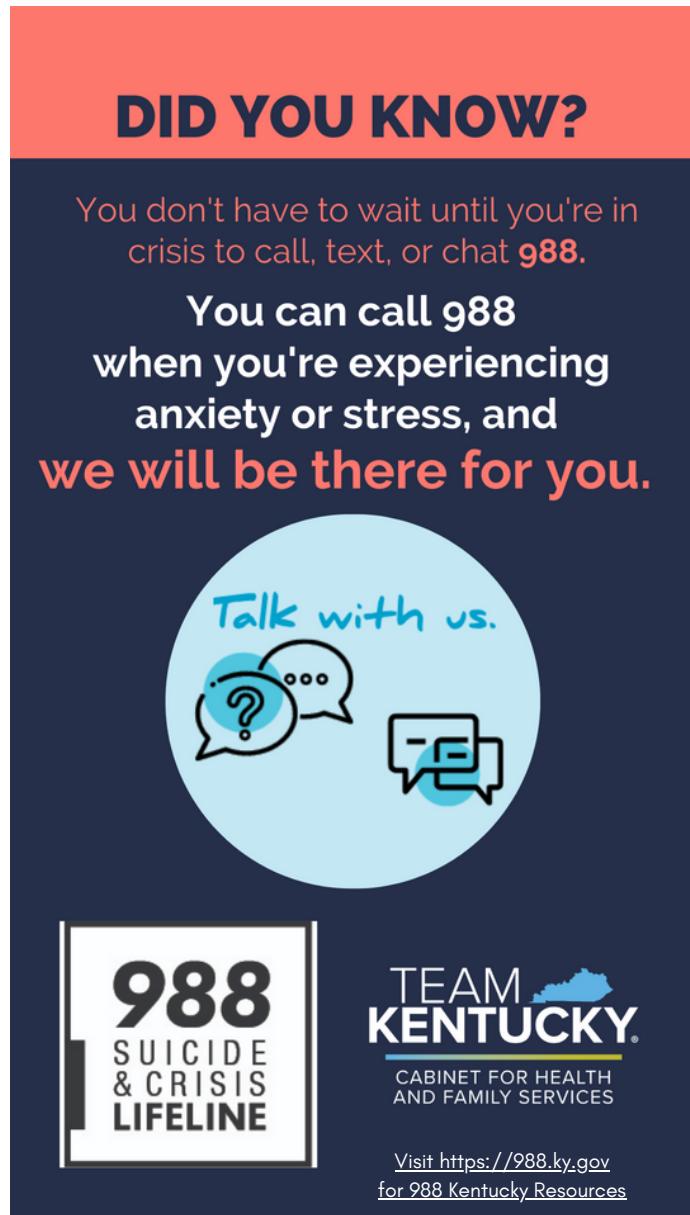
# 988 SUICIDE & CRISIS LIFELINE

## SUICIDE PREVENTION MONTH RESOURCES

**The 988 Social Media Toolkit includes a variety of resources including:**

- New social media shareable for use in helping spread about 988
- Social Media Posts Print Materials (Scroll to "Notecards")
- New Spanish materials
- "Reasons to Connect" social media posts and videos are available in both English and Spanish

<https://www.samhsa.gov/find-help/988/partner-toolkit/social-media-shareables>



# Suicide Awareness Month Events

## #BeThere Twitter Chat

The National Action Alliance for Suicide Prevention ([Action Alliance](#)) is hosting its annual [#BeThere Twitter chat](#) for Suicide Prevention Month. Panelists will discuss ways everyone can play a role in preventing suicide by being there for those in distress. To participate, follow #BeThere on September 5 from 1 to 2 p.m. ET.

## Seeing The Invisible Perspectives of Mental Health ~Art Show~

September 9th-23rd

Opening Night Exhibit: September 9, 4:00-7:00 P.M.  
viewings: Weekends and Wednesdays, pre-Dracula

Taking Place at Actors Theatre of Louisville:  
316 W Main St, Louisville, KY 40202



Sponsored by:



World Suicide Prevention Day  
Kentucky Training Day  
Featuring [Dr. David Jobes](#)  
Founder, Collaborative Assessment & Management of Suicidality (CAMS)

Suicide Prevention at the  
Intersection of Diversity  
Also featuring:  
Dr. Myra Beth Bundy  
Dr. Maggie Freeman  
Mr. Beck Whipple

Friday, September 8, 2023  
8:30 am – 4:30 pm  
EKU Main Campus  
Perkins Conference Center  
721 Lancaster Ave (Kit Carson Drive)  
Richmond, KY 40475  
  
\$100 for all day training  
6 Psychology/Social Work CEUs,  
training materials & lunch



Register now! Space is limited  
<https://commerce.cashnet.com/EKUPSY>

Free for UK & EKU  
students!  
In Person or Online!

Sponsored by:



World Suicide Prevention Day  
with  
Centro de San Juan Diego  
&  
EKU Psychology Clinic



Saturday, September 9th, 2023

1:00 p.m.

1389 Alexandria Drive,  
Lexington, KY 40504

**Mass with Bishop John Stowe**

Together, we will pray for  
those who have died by suicide,  
those who are suicidal,  
and for those of us who love  
them.

People of all faiths & traditions welcome

Sponsored by:



Centro de San Juan Diego  
An Apostolate of the Catholic  
Diocese of Lexington



Eastern Kentucky University  
Trauma and Suicide  
Prevention Clinic

# Suicide Awareness Month Events

## Brothers' Run 2023

September 9, 2023 at 9:00 AM

Big Spring Park, Versailles, KY

### CHARITY BENEFICIARY

This race will benefit Brothers' Run Foundation. Brothers' Run Foundation is a non-profit [501(c) (3)] created to promote school programs providing adolescent mental health, suicide prevention and awareness. It was established in honor of brothers Mason and Ethan Gilbert.

### RACE FEATURES

- Scenic, 3K (1.86 miles) course through downtown Versailles and on paved park trails
- Chip timed competitive 3K run/walk (Walkers and strollers welcomed)
- Overall M/F (1st, 2nd) & Age Group Awards (5 Year AGs M/F, 1st & 2nd)
- Medals for the kids registered ages 0-9
- Commemorative Tech T-shirts (3K runners/walkers)
- Virtual Runner/Walker opportunity for those who can't join us in person

For more information or to sign up, visit <https://www.brothersrun.com> or the Facebook Page Brothers' Run

## Break the Barrier 5K

September 10, 2023 at 2pm

Russell Senior Center

520 Bellefont Street, Russell, KY

*There is hope.*



**National Institute of Mental Health  
is hosting a facebook live event  
for Suicide Prevention Month**

September 19, 2023 at 2-2:30pm  
(EST)

No registration is required. See the link the day of the event. The event will be archived on the NIMH's website and Facebook page so you can access after the event also.

<https://www.nimh.nih.gov/news/events/announcements/facebook-live-youth-suicide-prevention>

# Suicide Awareness Month Events

## **NAMI Louisville**

### **Step Forward for Mental Health Walk**

September 30th, 2023 at 9:00 AM  
Harbor Lawn at Waterfront Park

Walk to educate and raise awareness about mental health issues in our community. NAMI Louisville's largest fundraising event brings together hundreds of individuals and families affected by mental illness, as well as members of the business and civic community, who along with NAMI Louisville are working to make positive changes in mental health. Walkers gather for a festive warm-up before trekking together along the Ohio riverfront to support community wellness. The casual two-mile walk or shorter half mile is a heartwarming experience that culminates with a lively celebration at the finish line.

Included this year we will have food, a silent auction, vendors, and games!

## ***Infinite Hope***

### **Remembrance Event**

September 23, 2023  
Henderson, KY

### **Community Walk at 4:30 PM**

Sponsored by FBLA at HCHS. The walk will begin at the intersection of 3rd and Main.

Photo displays of loved ones will be featured along the walk **free of charge**. If you would like a loved one featured during the walk, send a photo along with their name and dates of birth and passing to [care@infinitehopekentucky.com](mailto:care@infinitehopekentucky.com) by Monday, September 18, 2023.

### **Memorial Event at 5:30 PM**

Central Park Gazebo, 10 S, Main Street  
The event will honor loved ones lost to suicide. There will be music provided by Maggie Hollis, Nachos provided by Tacoholics, Healing Reins, a biodegradable balloon release, gifts for the families in attendance, and a butterfly release.



# Out of the Darkness Community Walks



## Elizabethtown, KY

09/16/2023

Central Hardin High School

Check-in Time: 9:00 am

Walk Start Time: 10:00 am

Contact Information

Walk Chair: Jake Richardson (He/Him),  
502-203-8090, hcjakerichardson@gmail.com

## Hopkinsville, KY

09/17/2023

Pardue Lane Rail Trail

Check-in Time: 1:00 pm

Walk Start Time: 2:00 pm

Contact Information

Walk Chair: Mary Underwood, 270-889-5576,  
underwoodmary@hotmail.com

Walk Co-Chair: Valerie Singleton, 270-348-1795,  
godcanandgodwill@hotmail.com

## Carrollton, KY

09/23/2023

Point Park,

Check-in Time: 9:15 am

Walk Start Time: 11:00 am

Contact Information

Walk Chair: Holly Dawson (She/Her/Hers),  
502-396-5412, carrolltonootd@gmail.com

## Bowling Green, KY

09/24/2023

Bowling Green High School

Check-in Time: 12:00 pm

Walk Start Time: 2:00 pm

Contact Information

Walk Chair: Katelyn Simpson, 502-599-4408,  
bowlinggreenoot@gmail.com

## Paducah, KY

Date: 09/30/2023

WKCTC Campus

(Western Kentucky Community & Technical College)

Check-in Time: 9:00 am

Walk Start Time: 10:00 am

Contact Information:

Walk Chair:

Tonya Newton

270-210-7729, paducahootd@gmail.com

## Murray, KY

09/30/2023

MSU Sparks Hall

Check-in Time: 8:00 am

Walk Start Time: 9:00 am

Contact Information

Walk Chair: Cindi Gullixson, 270-809-6944,  
cgullixson@murraystate.edu

**To register for a walk, visit**

<https://supporting.afsp.org/index.cfm?fuseaction=register.start&eventID=9578>

# Every Brilliant Thing Performances

You're six years old. Mum's in hospital. Dad says she's "done something stupid." She finds it hard to be happy. So you start to make a list of everything that's brilliant about the world. Everything that's worth living for. 1. Ice cream. 2. Kung Fu movies. 3. Burning things. 4. Laughing so hard you shoot milk out your nose. 5. Construction cranes. 6. Me. You leave it on her pillow. You know she's read it because she's corrected your spelling. Soon, the list will take on a life of its own.

**A play about depression and the lengths we will go to for those we love.**

The Appalachian  
Center for the Arts



THE APPALACHIAN CENTER FOR THE ARTS PRESENTS



By Duncan Macmillan, with  
Jonny Donahoe

September 8th and 9th at 7:30  
September 9th at 2:00  
September 10th at 3:00



218 2nd St, Pikeville, KY 41501  
Phone: (606) 262-4004  
[www.theapparts.org](http://www.theapparts.org)

The Kentucky Arts Council, the state arts agency, provides arts education grants to the Kentucky Folklife Exposition Corporation with federal funding from the National Endowment for the Arts.



**EKU**

EASTERN KENTUCKY UNIVERSITY  
Psychology Clinic

PRESENTS  
IN HONOR OF SUICIDE PREVENTION MONTH



By Duncan Macmillan, with  
Jonny Donahoe

FRIDAY, SEPTEMBER 29TH AT 7:00 PM  
SATURDAY, SEPTEMBER 30TH AT 7:00 PM  
O'Donnell Auditorium, Whitlock Building  
EKU Main Campus

**FREE for EKU Students/Faculty/Staff**

For more information: [Karyn.Brandenburg@eku.edu](mailto:Karyn.Brandenburg@eku.edu)



Every Brilliant Thing is a production of The Appalachian Center for the Arts and Earendel Theatricals, supported by the Pallottine Foundation of Huntington.

[www.theapparts.org](http://www.theapparts.org) | [www.earendelonstage.com](http://www.earendelonstage.com)





CABINET FOR HEALTH  
AND FAMILY SERVICES

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**Division of Mental Health**

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