



#YOUARENOTALONE

Suicide Prevention Awareness Month – September 2020

Background

Even before COVID-19 became a part of our daily lives, suicide was a global health issue requiring immediate attention and action. The pandemic has compounded pre-existing mental health issues, as well as brought on heightened anxiety, isolation, depression and unhealthy coping strategies for many. It has completely altered the way we communicate, work and live.

Now in its fifth year, Suicide Prevention Awareness Month brings together community partners to promote suicide prevention awareness and education, to let those struggling know they are not alone, and to provide support for those bereaved by suicide.

This toolkit includes resources that you can utilize to participate in Suicide Prevention Awareness Month.

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[Calendar of Events](#)

[On the Front Lines](#)



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Suicide Prevention Awareness Month – September 2020 Graphics

Zoom Background



Logos

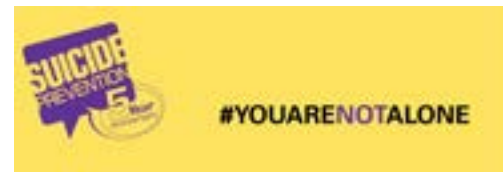


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Suicide Prevention Awareness Month – September 2020 Social Media Posts





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Suicide Prevention Awareness Month – September 2020
Social Media Posts

