



Suicide Awareness Month – September 2022

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.

Now in its seventh year, Suicide 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 Awareness Month.

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[Suicide Prevention Toolkit: Resources to Engage Workplaces](#)

[Community Walk Poster](#)

[Fillable Event Poster](#)

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Graphics (*see next pages*)

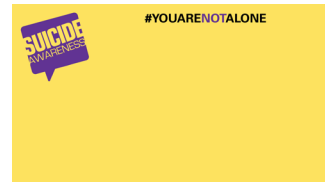


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Suicide Awareness Month – September 2022 Graphics

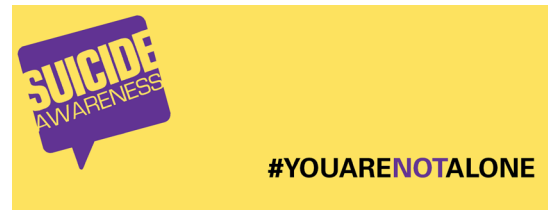
Zoom Background



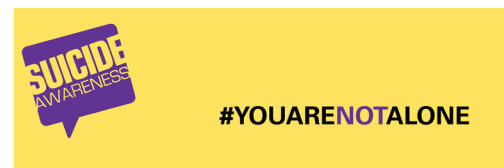
Logos



Social Media Cover Images
Facebook



Twitter



Instagram

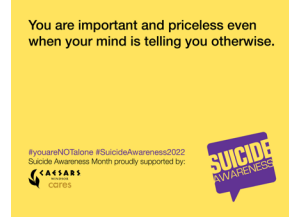
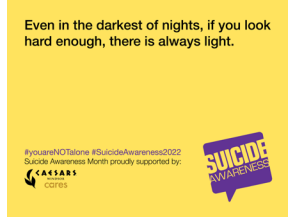
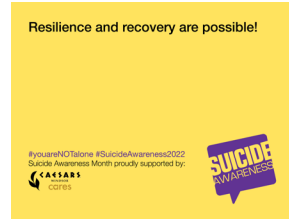
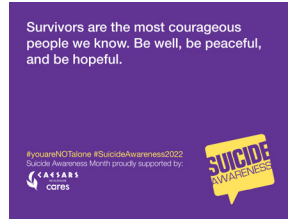
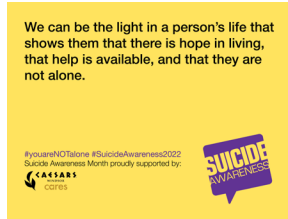
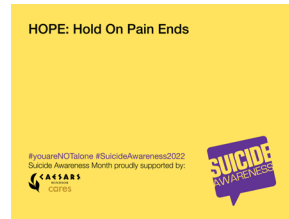
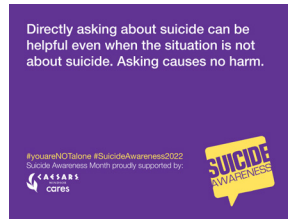
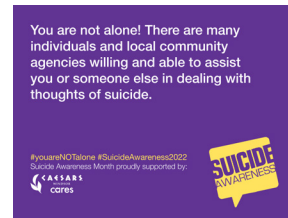
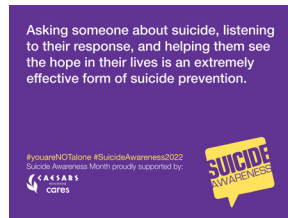
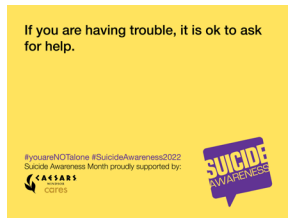
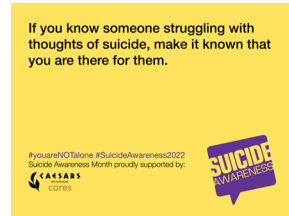




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Suicide Awareness Month – September 2022 Social Media Posts





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Suicide Awareness Month – September 2022 Social Media Posts

When you wonder if this world needs you; it does. It needs your courage. It needs your strength. It needs your beauty. This world needs you.

#youareNOTalone #SuicideAwareness2022
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The deepest wounds need the most time to heal. Give yourself the time to heal.

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When the storm rages around you, close your eyes and remember brighter days because the storm never lasts forever. The sun finds its way to shine again.

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Rather than walk through the darkness alone, find the hand reaching out to walk through it with you.

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When you want to give up on today, remember the strength you used to get through yesterday, and the new possibilities tomorrow brings.

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Take time to understand how drinking can increase the risk for suicide and how alcohol can be consumed more safely to reduce other immediate and long-term risks and harms, like depression and suicide.

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Keep in touch with the men in your life and support those who have recently gone through a break-up, separation, or divorce. If you or someone you know needs additional support, look for online resources and programs that encourage social connections with other men in informal settings.

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Understanding gender biases (held by men and health care providers) and positively re-framing "masculinities" in the plural contexts of mental health are critical for increasing men's help seeking and effectively tailoring the provision of men's mental health services.

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When this breath is begging to be your last, remember the millions of breaths you've taken to get to this moment. Then breathe one more. Strength is finding that next breath.

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You are more than your pain, more than what happened. You are strong enough to heal from the heavy you carry.

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