



Suicide Awareness Month – September 2023

Background

Now in its eighth 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.

Contents

[Suicide Prevention Toolkit: Resources for Workplaces](#)

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

[Community Walk Poster](#)

[Fillable Event Poster](#)

[Calendar of Events](#)

Graphics (*see next pages*)

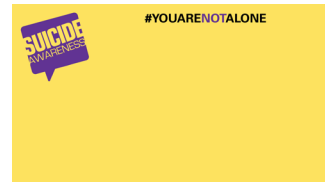


YOU ARE NOT ALONE

WINDSORESSEX.CMHA.CA/SUICIDE-AWARENESS/

Suicide Awareness Month – September 2023 Graphics

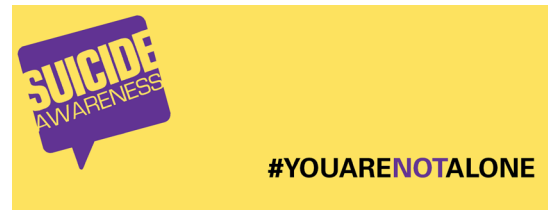
Zoom Background



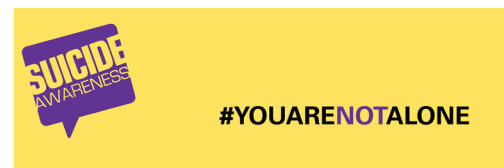
Logos



Social Media Cover Images
Facebook



Twitter



Instagram

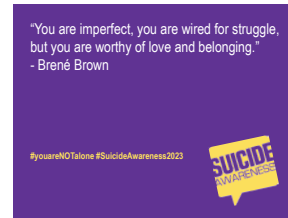
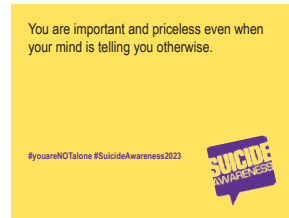
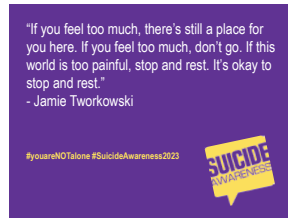
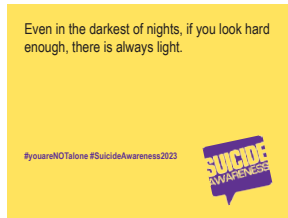
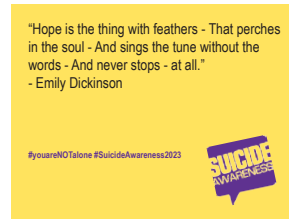
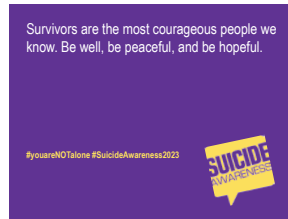
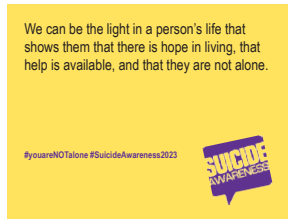
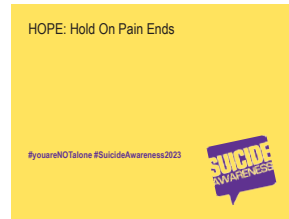
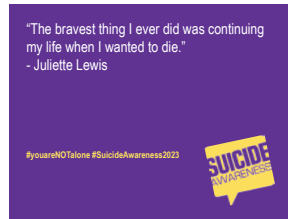
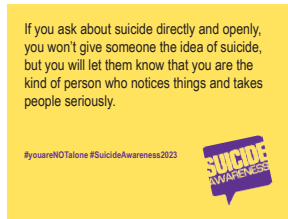
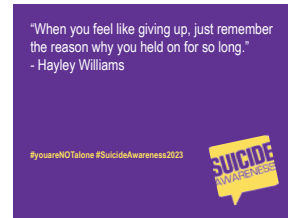
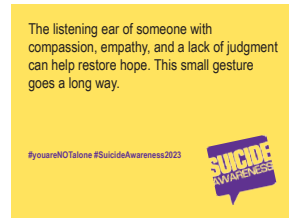
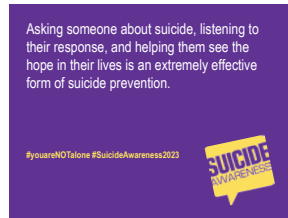
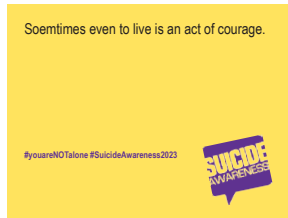
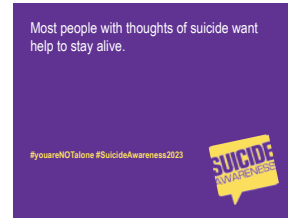
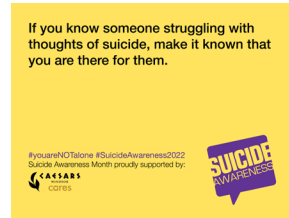
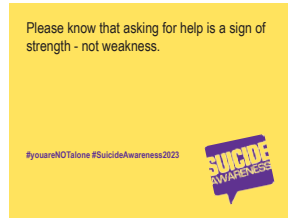




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Suicide Awareness Month – September 2023 Social Media Posts





YOU ARE NOT ALONE

[WINDSORESSEX.CMHA.CA/SUICIDE-AWARENESS/](https://windsorsex.cmha.ca/suicide-awareness/)

Suicide Awareness Month – September 2023 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 #SuicideAwareness2023



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

#youareNOTalone #SuicideAwareness2023



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.

#youareNOTalone #SuicideAwareness2023



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

#youareNOTalone #SuicideAwareness2023



"There is still some time to ask for help. There is still some time to start again. It's not too late. You're not alone. It's okay — whatever you need and however long it takes — it's okay. It's okay. If you feel too much, there's still a place for you here. If you feel too much, don't go. There is still some time."
- Jamie Tworkowski

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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

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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.

#youareNOTalone #SuicideAwareness2023

