

# NATIONAL SUICIDE PREVENTION MONTH FACTS

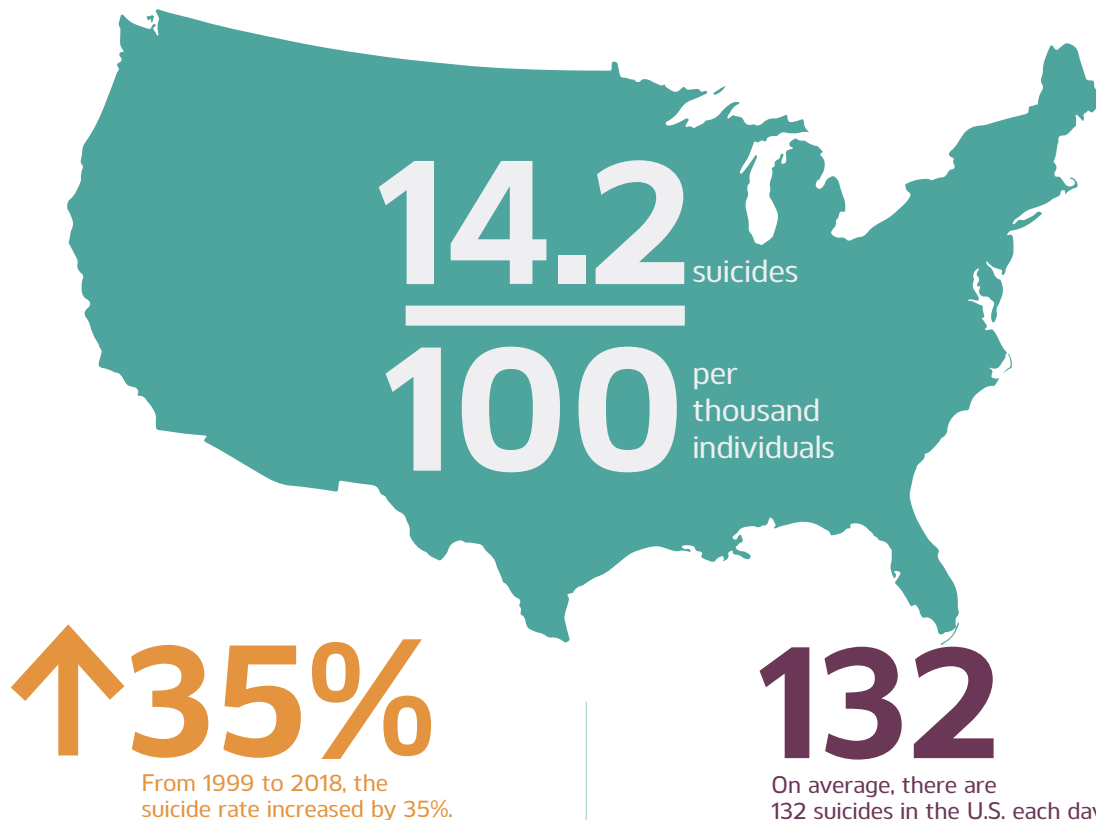
National Suicide Prevention Month is recognized in the United States each September. The goal of National Suicide Prevention Month is to unite mental health advocates, prevention organizations, survivors and community members to promote suicide prevention awareness.

Related awareness events within the month include National Suicide Prevention Week (Sep. 6-12) and World Suicide Prevention Day (Sep. 10). At Centerstone, we promote prevention efforts year-round, but September marks a time when we can give special attention to those affected by suicide.

## Statistics on suicide:

**10<sup>th</sup>**  
Leading cause  
of death in the U.S.

**2<sup>nd</sup>**  
leading cause of death  
among people ages 10-24  
in the U.S.



## How can I get involved?

- Use the hashtag #BeThe1To on social media to help spread the word about actions everyone can take to prevent suicide.
- Learn more about suicide by utilizing the resources below or by talking to a mental health professional with experience in suicide prevention.
- Engage in conversations with friends and family in a safe environment where you can talk about suicide, mental health and other related topics.
- If you know anyone who has opened up about having suicidal thoughts, listen to them and show them that you care.
- When joining the conversation in person or online, emphasize two things: suicide is preventable, and no one should ever be blamed or criminalized for suicide.

### Resources for additional information on suicide:

Centerstone: [centerstone.org/suicide](https://centerstone.org/suicide)  
National Suicide Prevention Lifeline: [suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)  
Suicide Awareness Voices of Education: [save.org](https://save.org)  
National Alliance on Mental Illness (NAMI): [nami.org](https://nami.org)  
National Institute of Mental Health (NIMH): [nimh.nih.gov](https://nimh.nih.gov)

If you are experiencing a crisis, call the **National Suicide Prevention Lifeline at 1-800-273-8255**. If you want to talk to a mental health professional, call **Centerstone at 1-877-HOPE123 (877-467-3123)** or visit us at [centerstoneconnect.org](https://centerstoneconnect.org) for more information.

**About Us:** Centerstone is a not-for-profit health system providing mental health and substance use disorder treatments. Services are available nationally through the operation of outpatient clinics, residential programs, the use of telehealth and an inpatient hospital. Centerstone also features specialized programs for the military community, therapeutic foster care, children's services and employee assistance programs. Centerstone's Research Institute provides guidance through research and technology, leveraging the best practices for use in all our communities. Centerstone's Foundation secures philanthropic resources to support the work and mission of delivering care that changes people's lives.