



INDIANA SUICIDE PREVENTION NETWORK

September is National Suicide Prevention month. The Indiana Suicide Prevention Network and their Advisory Committee have compiled a list of 30 resources and challenges for you. Many of these resources may be focused for action in September, but remember, suicide prevention is a 365 day effort! Feel free to tailor these to your own needs in your local community and spheres of influence, and continue them beyond just September!

1. Check out Active Minds has a Suicide Prevention Month Planning Guide:
<https://www.activeminds.org/wp-content/uploads/2018/05/SPM-PDF.pdf>
2. Consider hosting a Question, Persuade and Refer Gatekeeper Training (QPR) – If you're affiliated with a school, you can request for DOE to provide training by sending an email to Jason Murrey (Jmurrey1@doe.in.gov)
3. Watch and post the Seize the Awkward (www.seizetheawkward.org) videos. STA is a PSA campaign by the Ad Council, AFSP, and the Jed Foundation, aimed at individuals 18 and older – Their website has a great set of resources to help you create an awareness campaign throughout your school or community. This project can also be utilized to partner with local resources like movie theatres, public libraries, and swimming pools to spread public awareness.
4. Organize a Applied Suicide Intervention Skills Training (ASIST). ASIST is a LivingWorks program that consists of a 2-day in-person training that helps you build an understanding of addressing an individual in crisis and how to build a plan that emphasizes “safety for now”. Trainers can contact Jason Murrey (jmurrey1@doe.in.gov) to request ASIST training kits.
5. Provide education about effective mental health and crisis resources and try them out in class. To use the Crisis Text Line text the word “IN” to 741741 – it is a great resource to introduce and promote to the community.
6. Implement a Buddy-check: Assign classmates to each other as buddies for the month of September. Provide weekly activities that each buddy can do together. A common activity done with buddies is to share questions and journal responses. Longwalks is an app to journal with someone.
7. Check-in! Checking in with our emotions is a positive way to regulate yourself during a time in crisis. However, if you are unaware of your emotions and feelings it is often difficult to acknowledge them. Try out the Tangled Ball of Emotions activity (https://sourcesofstrength.org/wp-content/uploads/Tangled_Ball_Of_Emotions.pdf) Utilize exercises and social media challenges to check in with yourself or with others.
8. Write a letter of gratitude to someone that has impacted your life for the better.
9. Keep a Journal – expressing thoughts and experiences through writing allows you to process emotions and helps build resiliency.



10. Invite a “loss survivor” or “attempt survivor” to speak to the school/class in-person or virtually. Utilize national speaker databases to ensure you have a speaker that is capable of addressing students and their questions.
11. Check out Jason Foundation’s #iwontbesilent campaign available at <https://jasonfoundation.com/wp-content/uploads/sites/97/2019/08/IWBS-School.pdf>
12. Create an “#Imhere” buttons and signs to put in classrooms or to wear that identifies staff and students who are available to assist someone that is feeling down or feels in crisis. Emphasis should be placed on getting students to trusted adults for help.
13. Consider hosting a specific suicide prevention fundraiser to raise money for the purchase of mental health resources for the school.
14. Organize a radio/newspaper advertisement competition (community or student), or write a 30 second advertisement for your radio station that discusses the prevalence of mental illness in individuals and encourage those who are struggling to reach out to a trusted adult or call the National Suicide Prevention Lifeline (800-273-8255 (TALK)).
15. Start a student led design a t-shirt campaign – Put your creativity to good use by designing a t-shirt that supports mental wellness and suicide prevention and advertise the t-shirt to your fellow students. Time your campaign around September (Suicide Awareness Month) and ask everyone to wear their shirts on September 10th (World Suicide Prevention Day).
<https://save.org/for-students/>
16. Hold a school poster contest to raise awareness about mental wellness in the building. This can be setup as a competition between grades or classrooms.
17. Participate in the Indiana Suicide Prevention Network’s webinar that discusses resiliency, suicide prevention, and the topic of prevention as everyone’s business on Sept 17th at 12:00 EST. Check out the Indiana Suicide Prevention Network Facebook page (<https://www.facebook.com/indianasuicidepreventionnetwork>) for the registration link.
18. Check out the National Alliance on Mental Illness’s great list of movies about mental health and wellness – consider hosting a movie night with your bubble and discuss themes!
<https://www.nami.org/Blogs/NAMI-Blog/December-2017/The-Best-Movies-About-Mental-Health> NAMI also has social media graphics you can download and share during the month at: https://www.dropbox.com/sh/9tpeiqyoftm8sgp/AACdeAqisZnekIS-OyjS4NUMa/Suicide%20Prevention%20Awareness%20Month?dl=0&subfolder_nav_tracking=1
19. Implement ideas from American Foundation for Suicide Prevention’ #KeepGoing Suicide Prevention Week calendar and resources <https://afsp.org/keepgoing>
20. Ask a newspaper to run the Indiana Suicide Prevention Network’s op-ed. It can be tailored and shared with your community outlets, or organizational/school’s newsletter. If you need a copy of this, reach out to Kathleen (kathleen@upstreamprevention.org)
21. Pick a Self-Care item each week from Action for Happiness’s September Calendar (<https://www.actionforhappiness.org/calendars>) and take care of yourself!
22. Utilize the resources from the National Action Alliance for Suicide Prevention’s #BeThere campaign of media messaging <https://theactionalliance.org/bethere>.
23. Share the Suicide Prevention Competencies for Faith Leaders with your community faith leaders <https://theactionalliance.org/faith-hope-life/resource/suicide-prevention-competencies-faith-leaders-supporting-life-during-and-after-suicidal>.



24. Share strength/resilience building activities from Sources of Strength, a peer-to-peer campaign for suicide prevention among youth:
<https://sourcesofstrength.org/wp-content/uploads/Resources-for-practicing-Strength-at-home-copy-1.pdf>.
25. Approach 5 people who look alone (maintaining physical distance and with a mask) and start a conversation in September.
26. Reach out to 3 people you know have struggled but you haven't kept in touch with – either in person, a phone call, via text, or social media!
27. Consider being vulnerable with your own issues to two other people who don't know those issues. The more we talk about our personal struggles, the more we identify ourselves as someone others can connect with if they're having challenges.
28. Take the challenge from the Suicide Prevention Resource Center in their 14 ideas for Action for this September. Find the ideas and engage at: <http://www.sprc.org/resources-programs/suicide-prevention-month-ideas-action>
29. Visit and share the www.BeWellIndiana.org page and resources
30. And of course, always share the National Suicide Prevention Lifeline number (1-800-273-TALK (8255)) and Crisis Text Line (IN to 741741), with messages of hope and help available! Remember, suicide is preventable, help is available, and it's everyone's role to help save lives!

Connect with us:

Website: www.IndianaSuicidePrevention.org

 @indianasuicidepreventionnetwork

 @EndSuicideIN

Email: information.ispn@mhai.net

Purdue University Fort Wayne Behavioral Health and Family Studies Institute

Website: <https://www.pfw.edu/departments/cepp/depts/hs/centers/bhi/index.html>

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