



# Shine a Light on SUICIDE PREVENTION

Suicide prevention is important every day of the year. The month of September gives us an opportunity to shine an encouraging light on a topic that affects us all, and send a clear, hopeful message that help is available, and suicide can be prevented.

World Suicide  
Prevention Day  
9/10/24

National Suicide  
Prevention Week  
9/8/24-9/14/24

National Suicide  
Prevention Month  
9/1/24-9/30/24

## HERE ARE SOME WAYS WE CAN MAKE A DIFFERENCE THROUGHOUT THE MONTH AND ALL YEAR LONG :

- 💡 Educate yourself and others about the warning signs, risk factors, and protective factors for suicide.
- 💡 Make it ok for everyone to talk about mental health and stigma.
- 💡 Help to build a kinder world.
- 💡 Learn the five action steps for communicating with someone who may be suicidal
- 💡 Discover solidarity and community through shared storytelling around mental health.

Whether you're experiencing everyday stress or a major life challenge, let **JHEAP** help. The program provides you and your household members free, around-the-clock access to a range of stress management and work-life balance resources.

JOHNS HOPKINS  
UNIVERSITY & MEDICINE

**COUNSELING SERVICES**  
**REQUEST FORM: [jh.eapintake.com](https://jh.eapintake.com)**

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