

SEPTEMBER 2020

# SUICIDE PREVENTION MONTH

**Suicide is Preventable!**

PLEASE JOIN US IN RAISING AWARENESS ABOUT SUICIDE  
AND LEARNING WAYS TO HELP PREVENT SUICIDE.  
WE CAN ALL MAKE A DIFFERENCE!



**Suicide Prevention  
Council of Roanoke Valley**



**Blue Ridge  
Behavioral  
Healthcare**

**FREE TRAINING**

**Talk Saves Lives: 9/10/20 10am or 9/17/20 4pm**

1-hour Introduction to Suicide Prevention Virtual Presentation



**Mental Health First Aid** Mental Health First Aid teaches how to identify, understand and respond to signs of mental illnesses and substance use disorders.

**ADULT Version: 9/19/2020 8am-1:30pm**

2-hour self-paced session/5.5 hours virtually with trainers

**YOUTH Version:** Please contact BRBH for more information for upcoming sessions or to schedule a session for your group.



To register for a training, contact Sheila Lythgoe at 540-982-1427 or [slythgoe@brbh.org](mailto:slythgoe@brbh.org)

JOIN @SPCRV SOCIAL MEDIA CAMPAIGN

**#WEALLCAREFORSELF CARE**

**FOLLOW US!**



Facebook Instagram

## SEPTEMBER 2020 SUICIDE PREVENTION MONTH

# RESOURCES

**ASKINGSAVES.ORG** For helpful resources and more information about suicide prevention training.

**LOCKANDTALK.ORG** Free gun locks and medication lock boxes available, contact [slythgoe@brbh.org](mailto:slythgoe@brbh.org)

**WAYS TO HELP PREVENT SUICIDE**

**WAYS TO PRACTICE SELF CARE**

**VIRGINIA CHAPTER OF THE AMERICAN FOUNDATION FOR SUICIDE PREVENTION**

World Suicide Prevention Day: 9/10/2020  
Safely Light a Candle at 8pm to  
Show Support for Suicide Prevention  
Twitter Chat at 2pm #BeThe1To



NATIONAL  
**SUICIDE**  
PREVENTION  
**LIFELINE**  
1-800-273-TALK (8255)  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

RED NACIONAL  
de  
PREVENCIÓN  
del  
**SUICIDIO**  
1-888-628-9454  
[prevenciondelsuicidio.org](http://prevenciondelsuicidio.org)

### SPREADING KINDNESS CARD CAMPAIGN

Help put a smile on a senior citizens face. Join our card campaign. Contact [slythgoe@brbh.org](mailto:slythgoe@brbh.org) for more information.

**CRISIS TEXT LINE |**

Text HELLO to 741741  
Free, 24/7, Confidential

 **Veterans  
Crisis Line**  
1-800-273-8255 **PRESS 1**