

PRESS RELEASE

FOR IMMEDIATE RELEASE

DATE: August 30, 2023

CONTACT: Sydney Stinger, Community Education Specialist, (530) 229-8426

SUICIDE PREVENTION AWARENESS MONTH 2023

SHASTA COUNTY – September is Suicide Prevention Awareness Month. It is a time to raise awareness about the impact of suicide in our community, reduce stigma, help people realize they can contribute to prevention efforts and inspire hope that lives can be saved.

To kick off the month, the Shasta Suicide Prevention Collaborative presented a Proclamation to the Board of Supervisors on August 29, 2023, to officially recognize September as Suicide Prevention Month, which the Board adopted.

This year's theme is "Share Hope Together." The act of sharing, whether that is sharing stories, time, resources or experiences, can serve as a powerful tool in suicide prevention. By sharing hope with one another, and throughout our communities, we can support and help connect individuals to resources – allowing us to take action for suicide prevention together. Ways to make a difference include:

- Honoring World Suicide Prevention Day, observed on Sunday, September 10, 2023. During World Suicide Prevention Day, community members are encouraged to light a candle in the evening to show their support for suicide prevention, remember a lost loved one and recognize the survivors of suicide.
- Getting involved in community suicide prevention. Sign up for a FREE training by visiting the Training page on [ShastaSuicidePrevention.com](https://www.shastasuicideprevention.com) to learn how to recognize suicide warning signs and how to support someone at risk.
- Staying up to date on other local events taking place during Suicide Prevention Month. Follow the Shasta Suicide Prevention Collaborative on [Facebook](https://www.facebook.com/shastasuicideprevention) for announcements and resources.

If you or someone you know needs mental health support or is experiencing a suicide crisis, call or text 988, the Suicide & Crisis Lifeline, or chat 988lifeline.org. 988 offers free, confidential support 24/7 for 365 days a year.

Funding for the suicide prevention trainings is provided through the Mental Health Services Act.