

# National Suicide Prevention Week

## September 9-13, 2019

BE THE 1 TO

Knowing the warning signs for suicide and how to get help can help save lives.

### Activities for the week:

- Monday:** Handout Yellow Ribbon cards/ Lifesavers at entry doors  
**Tuesday:** Erika's Lighthouse Video in Homeroom  
**Wednesday:** Bethe1to Video in Homeroom  
Table in the cafeteria with Be the 1 to signs  
**Thursday:** Messages of Hope in the Cafeteria

Link to next page:

<https://www.bethe1to.com/bethe1to-steps-evidence/>

# Be The 1 To Help Someone In Emotional Pain

In 2017, suicide claimed the lives of more than **47,000 people** in the United States, according to the Centers for Disease Control and Prevention (CDC). Suicide affects people of all ages, genders, races, and ethnicities.

Suicide is complicated and tragic, but it can be preventable. **Knowing the warning signs for suicide and how to get help can help save lives.**

Here are 5 steps you can take to #BeThe1To help someone in emotional pain:

1. **ASK:** [show that asking at-risk individuals](#) if they are suicidal does not increase suicides or suicidal thoughts.
2. **KEEP THEM SAFE:** [places](#) is an important part of suicide prevention. While this is not always easy, asking if the at-risk person has a plan and removing or disabling the lethal means can make a difference.
3. **BE THERE:** Listen carefully and learn what the individual is thinking and feeling.