



"The greatest glory in living lies not in never falling, but in rising each time we fall." — Ralph Waldo Emerson

Suicide prevention: Know the myths and facts

September is National Suicide Prevention Month. Since 2008, this month has been designated as a time to shed light on this global issue as well as reduce stigma tied to mental health issues and suicide.

Talking more openly about suicide as a subject can help reduce stigma as well as increase awareness to help save

988 is available if you're having thoughts of suicide, feeling emotional distress or struggling with substance misuse. 988 is also available if you have concerns about someone else and need guidance, help or support.

We're also here to help care

lives. It's important that if you suspect someone may be struggling with their mental health or having thoughts of suicide that you ask them about it directly. Asking someone if they've had thoughts of suicide will not plant the idea in their mind – this is one common myth about suicide. In fact, it could save their life.

Share this message and the resources below to help keep the conversation going. By learning how to support someone who may be at risk of suicide, you could save a life.

**for your mental well-being.
You can call us 24/7 for free
and confidential support
and resources.**

(888) 439-7327 (TTY: 711)

www.resourcesforliving.com

Username: ladwp

Password: eap



Misconceptions of suicide video
| Transcript



Myths and facts about suicide

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