



SEPTEMBER IS SUICIDE AWARENESS & PREVENTION MONTH



SAFE AND HEALTHY SCHOOL BUREAU

We would like to offer guidance and share resources in an effort to support the well-being of our students and families. Here is a quick list of things to do provided by the Suicide Prevention Resource Center along with the following prevention strategies:

- Learn the Warning Signs
- Be There for Someone in Need
- Share Resources
- Promote Compassion
- Support Initiatives

STATE RESOURCES

- ✓ [Help and Hope in New Mexico 988](#)
- ✓ [New Mexico Peer to Peer Warmline](#)
- ✓ [Reach NM](#)
- ✓ [SEL Wellness Activities from Albuquerque Students](#)

RESOURCES FOR SPECIFIC POPULATIONS

- ✓ [The Trevor Project - Talking About Suicide](#)
- ✓ [Native Focused Mental Health Resources](#)
- ✓ [For Dealing with Loss Due to Suicide](#)

NATIONAL RESOURCES

- ✓ [Find a help line in the US](#)
- ✓ [NAMI Resources for Youth and Young Adults](#)
- ✓ [SAMHSA Preventing Suicide](#)

