

Observing Suicide Prevention Throughout the School Year

Suicide prevention efforts can continue year-round as part of other established national health observances. This resource sheet identifies examples of health observances that are relevant to suicide prevention. Health observance weeks/days change every year – check the associated health observance website for updates on dates and available resources.

SEPTEMBER

National Suicide Prevention Awareness Month

All month, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness. <https://www.nami.org/Get-Involved/Awareness-Events/>

Suicide-Prevention-Awareness-Month

National Suicide Prevention Week: The Monday through Sunday surrounding World Suicide Prevention Day is a time to share resources and stories, as well as promote suicide prevention awareness. <https://afsp.org/campaigns/national-suicide-prevention-week-2019/>

World Suicide Prevention Day

September 10th is a time to remember those affected by suicide, to raise awareness, and to focus efforts on directing treatment to those who need it most. <https://www.iasp.info/wspd2019/>

National American Indian/Alaskan Native Hope For Life Day

September 10th is the recognized day to host culturally tailored activities to promote hope, life, cultural resiliency, and community transformation among native populations. <https://theactionalliance.org/communities/american-indian-alaska-native/hope-life-day-toolkit>

NOVEMBER

National Stress Awareness Day

National Stress Awareness Day is observed annually on the first Wednesday in November. This is a day to identify and reduce the stress factors in your life.

Survivors of Suicide Loss Day

Around the world suicide loss survivors come together to find connection, understanding and hope through their shared experience. <https://afsp.org/find-support/ive-lost-some-one/survivor-day/survivor-day-resources/>

MARCH

Poison Prevention Week

The 3rd week of March is an opportunity to highlight the dangers of poisonings for people of all ages and promote community involvement in poisoning prevention. <https://poison-help.hrsa.gov/what-you-can-do/poison-prevention-week>. This is an ideal opportunity to promote the safe storage of medications as a way to prevent access to this lethal method of self-harm. Throughout Virginia, many local community service boards are implementing [Lock and Talk Virginia](#). This project promotes safe and responsible storage of guns, medications and other forms of lethal means through trainings and the distribution of free cable/trigger locks for firearms and locking medication boxes.

APRIL

National Stress Awareness Month

Students who are overachievers are high-functioning, yet when they find themselves in desperate circumstances, they don't tend to seek help, because they may feel the risks to their reputations are too great. For some overachievers, reaching out for help looks like failure and can lead to feelings of isolation, depression and anxiety. Take this opportunity to address the stigma associated with depression, suicide and other mental health issues. <https://www.nami.org/stigmafree> <https://afsp.org/find-support/ive-lost-someone/survivor-day/survivor-day-resources/>

MAY

National Mental Health Month

Spread the word that mental health is something everyone should care about by using the May is Mental Health Month toolkit materials and conducting awareness activities. <http://www.mentalhealthamerica.net/may>

Children's Mental Health Week

Join the national dialogue about the importance of children's mental health in an effort to raise awareness and end prejudice and discrimination. <https://www.ffcmh.org/awarenessweek/2012-national-childrens-mental-health-week>

JUNE

National Mental Health Month

Each year on June 21, the American Academy of Pediatrics and the Brady Center to Prevent Gun Violence encourage parents to ask questions about whether guns are accessible to their children. <http://www.askingsaveskids.org/content/get-involved> This is an ideal opportunity to promote the safe storage of guns as a way to prevent access to this lethal method of self-harm. Throughout Virginia, many local community service boards are implementing [Lock and Talk Virginia](#). This project promotes safe and responsible storage of guns, medications and other forms of lethal means through trainings and the distribution of free cable/trigger locks for firearms and locking medication boxes.