

Suicide Prevention Month *with Lucet* *September 2023*

Follow Lucet on social media to see our Suicide Prevention Month 2023 content and share it on your account. You can also follow the steps below to post from your own account.

LinkedIn: [linkedin.com/company/lucethealth/](https://www.linkedin.com/company/lucethealth/)

Facebook: [facebook.com/LucetHealth/](https://www.facebook.com/LucetHealth/)

Twitter: twitter.com/LucetHealth/

Create Suicide Prevention posts on your social media accounts

1. Log in to one of your active social media channels to create a post.
2. Choose one of Lucet's Suicide Prevention Month assets from the list below.
3. Copy the content (including the hyperlink) and paste it into the social post editor.
4. Under the content below, open the link to the corresponding graphic, save it, and upload to your post to accompany the caption.
5. Be sure to include the following hashtags in your caption: **#SuicidePreventionMonth #TalkAboutIt #StopSuicide**
6. Post!

Share Tips

1. General - Addressing Suicidal Ideation

Over 48,000 people in the U.S. die by suicide and 12.3 million struggle with suicidal ideation. It's time to **#TalkAboutIt**. If you or someone you know is in crisis, call the National Suicide Prevention Lifeline at 9-8-8 or 800-273-8255, or access these resources: lucethealth.com/members/resources/suicide-awareness-toolkit/suicide-prevention-awareness-month

#StopSuicide #SuicidePreventionMonth

Use image: <https://23190008.fs1.hubspotusercontent-na1.net/hubfs/23190008/Awareness-Suicide/Social%20Media%20-%20Addressing%20Suicidal%20Ideation.jpg>

2. Preventing Suicide in the LGBTQ+ Community

The LGBTQ+ population is particularly at risk for suicide. Over 80% of LGBTQ+ youth have been assaulted or threatened, and every instance more than doubles the likelihood of self-harm. It's time to **#TalkAboutIt**. If you or someone you know is in crisis, call the National Suicide Prevention Lifeline at 9-8-8 or 800-273-8255, or access this resource: lucethealth.com/members/resources/suicide-awareness-toolkit/preventing-suicide-lgbtqia

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Share Articles

1. Speaking to a Friend Who is Suicidal

Whether or not your friend appears to be an immediate threat to him or herself, if you're worried, that's reason enough to reach out to somebody. It is important you treat this situation as an emergency—it's a matter of life and death. If you or someone you know is in crisis, call the National Suicide Prevention Lifeline at 9-8-8 or 800-273-8255, or access this resource: <https://lucethealth.com/members/resources/speaking-to-suicidal-friend>

#TalkAboutIt #StopSuicide #SuicidePreventionMonth

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2. Hidden Victims of Firearms

More than half of all deaths by firearms are suicides, and firearms are the method for over half of completed suicide attempts. In fact, most attempts are not completed unless a firearm is used. It's time to **#TalkAboutIt**. If someone you know is in crisis and can access a firearm, call the National Suicide Prevention Lifeline at 9-8-8 or 800-273-8255, or access this resource: lucethealth.com/members/resources/suicide-awareness-toolkit/guns-hidden-victims

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3. Suicide and Its Survivors

One loss of life by suicide can affect up to 135 people. Loved ones of a person who completed suicide experience prolonged, complicated grief two times as often as the general population. It's time to **#TalkAboutIt**. If you or someone you know is in crisis, call the National Suicide Prevention Lifeline at 9-8-8 or 800-273-8255, or access this resource: lucethealth.com/members/resources/suicide-awareness-toolkit/suicide-survivors

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Share Poster

1. Time to Talk About It—Poster

There is one death from suicide every 11 minutes in the U.S. This rate is alarming, but together we can create positive change. September is National Suicide Prevention Month — help us spread the facts about suicide and educate others on how we can help those who may be struggling. You can print, distribute or share via social media the materials in this toolkit during September and all year long. It's time to **#TalkAboutIt**.

#StopSuicide #SuicidePreventionMonth

lucethealth.com/wp-content/uploads/2023/07/Poster-Suicide-Awareness.pdf