



Post Type	Graphic	Copy
Introduction	 <p>The graphic features a light blue background with a pattern of white leaves. On the left side, there are stylized purple and teal leaves. The text 'HERE FOR you' is written in a mix of purple and teal fonts. Below this, the Jefferson Center logo is visible, which includes a small rainbow icon and the text 'Jefferson Center' and 'Suicide Prevention Awareness Month'.</p>	<p>September is National Suicide Prevention Awareness Month, a time for coming together to shine a light on mental health and offer support to those in need. This month, let's focus on spreading awareness, sharing vital resources, and taking action to prevent suicide.</p> <p>Here's how you can make a difference:</p> <p>Learn more about recognizing the signs and symptoms of suicidal thoughts.</p> <p>Explore and share suicide prevention resources with your communities.</p> <p>Participate in training like QPR (Question, Persuade, Refer) to gain life-saving skills.</p> <p>Attend events that support mental health awareness, like the American Foundation for Suicide Prevention's activities or Hope;Ink's tattoo event.</p> <p>Offer support by checking in with friends, sharing resources, and being a compassionate listener.</p> <p>Together, we can build a supportive community that addresses mental health challenges and promotes healing.</p> <p>If you or someone you know is struggling, remember that help is always available. Contact Colorado Crisis Services at 988 for immediate support. For more information and resources, reach out to Jefferson Center at 303-425-0300 or visit jcmh.org for more information.</p> <p>#SuicidePrevention #MentalHealthAwareness #CommunitySupport</p>

<p>For Organizations</p>		<p>Organizations can significantly impact suicide prevention. Here are 5 key steps to create a supportive and proactive environment:</p> <ol style="list-style-type: none"> Foster Openness: Create a culture where discussing mental health is encouraged and normalized. Promote open conversations to break the stigma and let everyone know it's okay to ask for help. Provide Training: Offer regular training sessions for staff on recognizing the signs of mental distress and knowing how to respond. Programs like QPR (Question, Persuade, Refer) can empower staff to act confidently in a crisis. Promote Resources: Actively share mental health resources, hotlines, and support options available within the community. Make sure these resources are easily accessible to everyone in your organization. Encourage Peer Support: Establish peer support networks where employees can share experiences and support each other. Knowing there's someone who understands can make a big difference. Develop a Crisis Plan: Have a clear, accessible crisis response plan that everyone in the organization is familiar with. Being prepared ensures quick, effective action when it's most needed. <p>By taking these steps, we can create safer, more supportive spaces for everyone. Let's work together to prevent suicide and support mental health.</p> <p>#SuicidePrevention #MentalHealthAwareness #CommunitySupport</p>
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Commented [MC1]: For Graphic:
Change title to Here for You as an Organization

Organizations can help prevent suicide by:

1. Encouraging openness conversations around mental health in the workplace.
2. Host a suicide prevention training with your team.
3. Share mental health resources with your organization.
4. Create space for coworkers to provide support for each other.
5. Have an action plan to support your team members in need.

Post for
Individuals



Individuals Can Make a Big Impact on Suicide Prevention:

Listen Actively: Create a safe space for someone to share their feelings without fear of judgment or interruption. Sometimes, just being there and listening can make a huge difference.

Learn the Warning Signs: learn more about the signs that someone might be struggling with thoughts of suicide, such as withdrawal from friends and activities, dramatic mood changes, or talk of feeling hopeless.

Reach Out and Stay Connected: Regularly check in on friends, family, and colleagues. A simple message or call can remind someone that they're not alone and that someone cares.


Offer Your Support and Understanding: Let the person know that you care and are there to support them. Show empathy and reassure them that it's okay to talk about what they're feeling.

Connect to Resources: Be prepared to guide someone to professional resources or emergency services. Familiarize yourself with hotlines, local mental health services, and online resources that offer support.

Taking these steps can help save lives. Every small action adds up to build a stronger, more supportive community.

#suicidepreventionmonth
#mentalhealthawareness
#mentalhealthadvocacy

Commented [MC2]: Change text to "Here for You"
A simple check in can make a difference.

<p>Post for Communities</p>	 <p>HERE FOR you As a Community:</p> <ul style="list-style-type: none"> • Promote Awareness: Talk about mental health openly. • Support Each Other: Build strong, supportive relationships. • Share Resources: Make mental health services known and accessible. • Educate on Warning Signs: Recognize when someone might need help. • Create Safe Spaces: Ensure places for honest conversations. 	<p>Communities are stronger together. By connecting with local resources, organizing support groups, and spreading awareness, we can create a network of care that supports everyone. Let's come together to prevent suicide and promote mental health.</p> <p>#CommunityCare #MentalHealthMatters #suicidepreventionmonth</p>
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Commented [MC3]: Move Here for You to top and say "Here for You as a Community"

Can we make the bullet points a little more specific to community? Maybe focusing on finding ways to connect with other resources and support systems, sharing information with each other, etc?