






September Mental Health and Wellness Theme:
World Suicide Prevention - Creating Hope Through Action

World Suicide Prevention Day is September 10 this year. As caregivers in our profession and in our personal lives we have all been touched by suicide. Dealing with the effects can be difficult for all suicide loss survivors. Click [here](#) to read more about prevention.



When someone is struggling:

-  Check in with them regularly to see how they are doing;
-  Listen supportively to what they have to say;
-  Remember that you don't have to have all the answers;
-  Know and introduce them to resources in their area, if they need additional support;
-  Be prepared to assist them in finding information, but don't take over as that may reinforce their sense of helplessness.

“Talk Away the Dark” - How to Talk to a Suicide Loss Survivor
-Click [here](#) to learn more.

