

## September is Suicide Prevention Month

During Suicide Prevention Month this September and year-round, help the U.S. Departments of Veterans Affairs (VA) and Defense let people know that preventing suicide starts with this simple act of support: **Be There.**

Connecting with someone and helping them feel supported can make a big difference during a challenging time. It doesn't require a grand gesture or complicated task — a simple act of kindness can help someone feel less alone.

**#BeThere**



## Here are a few ways that you and your community can be there to help prevent suicide

### Spread the word on your social media networks:

- Watch** and share the new Suicide Prevention Month video.
- Post** ready-to-use social media content on Facebook and Twitter.
- Show** support by changing your social media profile picture and cover photo to a VA suicide prevention image.

### Engage your online community:

- Display** a VA suicide prevention banner on your website.
- Share** a pre-crafted blog post with your online community.
- Publish** an article or advertisement in your newsletter or email blasts, or on your website.

Download these and other materials at  
**[VeteransCrisisLine.net/SpreadTheWord](https://VeteransCrisisLine.net/SpreadTheWord)**



*Materials will be available in August.*



U.S. Department  
of Veterans Affairs

