



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
www.samhsa.gov

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Child & Family Services Division
Department of Human Services

Suicide Prevention Month

SEPTEMBER, 2018

September is Suicide Prevention Month! Child & Family Services Division is focusing on raising awareness and sharing resources with the community to promote mental health awareness and suicide prevention.

Prevention Day – September 10 | Prevention Week – September 9 - 15

In the Schools:

Hosting informational tables for students during their lunch hours:

- ✓ Sep 12th 10:30 am Wakefield High School
- ✓ Sep 20th 10:30 am Williamsburg Middle School
- ✓ Sep 25th 10:30 am Swanson Middle School

In the Community:

Hosting informational tables and educational programs for community members during various times:

- ✓ Sep 6th at 5:00 pm TJ Community Center
- ✓ Sep 9th 11:00 am LGBTQ Event in Prince William in partnership with Suicide Prevention Allies Network (SPAN)
- ✓ Sep 10th 5:30 pm The G Spot, Inova Juniper Program, 2740 Prosperity Avenue, Fairfax, VA 22031
- ✓ Sep 15th 12:00 – 6:00pm Nauck Day at Drew Community Center
- ✓ Sep 24th at 5:00 pm TJ Community Center (?)
- ✓ Sep 26th 6:30pm Interfaith Service at MCC Nova
- ✓ Sep 27th 5:00 pm Walter Reed Community Center

- ✓ Oct 3rd 6:30 pm Talk Saves Lives Suicide Prevention for ages 13+ teens and families at the Shirlington Library

At Dept. of Human Services:

Hosting informational tables and educational programs in the Sequoia Complex of buildings:

- ✓ Sep 7th 11:00 am Kickoff at Sequoia 1 Lobby
- ✓ Sep 9th – 15th Prevention Week
- ✓ Sep 10th T-Shirt Day! Show your support.
- ✓ Sep 14th 11:00 am Kickoff at Sequoia 2 Lobby
- ✓ Sep 18th 11:00 am Wellness Week Fair, Sequoia 3, 4th Floor
- ✓ Sep 25th 3:00 pm Arlington Teen Clinic

On-Line:

Information to promote Suicide Prevention will be posted throughout the month on our website, Facebook and twitter. Please follow, share and retweet as you are able!

www.apcyf.org

facebook@apcyf

Twitter | Facebook

**#reducestigma #zerosuicide #nomore stigma
#mentalhealth #suicideawareness**

SUICIDE PREVENTION INITIATIVES

Lock & Talk Virginia

Arlington has partnered with Lock & Talk Virginia to provide a variety of trainings around the topics of suicide prevention and education.



LOCK and TALK Virginia

Signs of Suicide (SOS)

APS is providing the SOS Signs of Suicide Prevention Program for Middle School students. SOS is the only youth suicide prevention program that has demonstrated an improvement in students' knowledge and adaptive attitudes about suicide risk and depression, as well as a reduction in actual suicide attempts.

Youth Mental Health First Aid

Youth Mental Health First Aid is an 8-hour designed for adults who interact with young people (parents, family members, caregivers, teachers, school staff, and peers). The course teaches how to help an adolescent (aged 12-18) who is experiencing a mental health or substance abuse challenge. Suggested minimum age of participants: 18 years old.

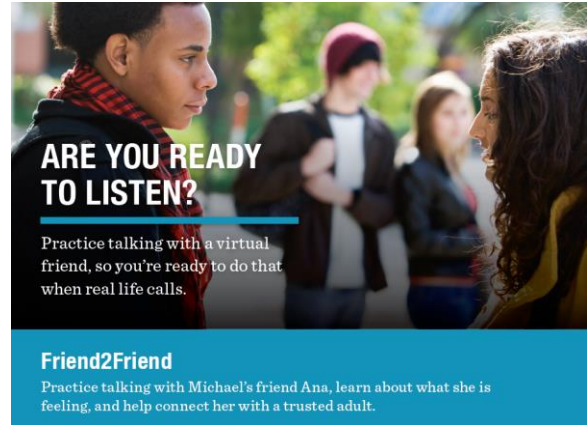
Talk Saves Lives



A community-based presentation that covers the general scope of suicide, the research on prevention, and what people can do to fight suicide.

Attendees will learn the risk and warning signs of suicide, and how together, we can help prevent it.

Kognito



Zero Suicide

Arlington County has adopted the [Zero Suicide initiative](#) as part of an effort to reduce the incidence of suicide in our community.

The Zero Suicide Initiative is a commitment to suicide prevention in health and behavioral health care systems.

Region-Wide Suicide Prevention:



SPAN - the Suicide Prevention Alliance of Northern Virginia - is a regional coalition of the Alexandria, Arlington,

Fairfax-Falls Church, Loudoun, and Prince William Community Services Boards (CSBs) and other groups in Northern Virginia, all working together to raise awareness and share resources to prevent suicide.

<http://www.suicidepreventionnva.org/>

There's Hope, There's Help

Arlington County Emergency Services (24/7)
(703) 228-5160

CrisisLink (24/7)

Text "CONNECT" to 85511

**#reducestigma #zerosuicide #nomorestigma
#mentalhealth #suicideawareness**