



SEPTEMBER = SUPPORT



September is National Suicide Prevention Month.
Remember to be a SUPPORT to friends, family, and community members.
Especially during this uncertain time, remember to stay connected,
look for warning signs, and reach out for help when needed.

Wellness, Health Promotion, and Prevention

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Save the Suicide Prevention Lifeline number in your phone: 1-800-273-TALK (8255)	2 Provide the Crisis Text Line to a friend: Text "Connect" to 855-11	3 Be part of someone's support team	4 Talk to children about the importance of mental health	5 Contact the CSB Prevention Team for information about trainings you can take
6 National Suicide Prevention Week	7 Test Your Mood Go to: bit.ly/TestYourMood	8 Learn the suicide warning signs: download a free pocket guide	9 Attend a virtual support group with RPSV	10 World Suicide Prevention Day	11 Visit the Suicide Prevention Alliance of Northern Virginia (SPAN) website	12 Learn about Kevin Hines' story and watch inspirational videos
13 Learn how to dispose of medications safely	14 Download the myStrength app	15 Inventory medications in your home and secure them in a locking medication box	16 Learn about the Adverse Childhood Experiences (ACE) Presentation	17 Join the American Foundation for Suicide to Prevent Suicide in BIPOC communities	18 Pick up a gun lock at your local Community Services Board or Police Station	19 Share the "Test Your Mood" questionnaire, go to: bit.ly/TestYourMood
20 Explore the Lock and Talk website; review the resources tab	21 Provide a medication lock box to a friend or neighbor	22 Pick up a medication disposal bag at your local Health Department	23 Ask a friend to register and take the Mental Health First Aid (MHFA) class with you	24 Practice self-care as a family	25 Go to the Lock & Talk website and read a blog entry	26 Share the myStrength app with a family member or friend
27 Remember to lock medications, firearms, and other weapons	28 Take a free online youth suicide prevention training (Kognito)	29 Attend the virtual SPAN Suicide Prevention Forum from 6-9 p.m.	30 Register for a REVIVE! training	Links		

Please remember to physically distance yourself by at least 6 feet when around others in the community and wear a face covering mask. Stay Safe.



FAIRFAX - FALLS CHURCH
Community Services Board

If you are in crisis or need immediate help, please call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) for 24/7, free and confidential support, prevention and crisis resources for you or your loved ones, and best practices for professionals.

- CSB Prevention Team: www.fairfaxcounty.gov/community-services-board/prevention
- Test your mood: bit.ly/TestYourMood
- Suicide warning signs pocket guide: suicidepreventionlifeline.org/wp-content/uploads/2016/09/green-national-suicide-prevention-lifeline-wallet-card.pdf
- RPSV: rpsva.org/rpsv-virtual-offerings
- SPAN: www.suicidepreventionnva.org
- Kevin Hines: www.kevinhinesstory.com
- Learn how to dispose of medication safely: knowrx.org/throw-out
- myStrength app: appv2.mystrength.com/go/ffcsb/csbccommunity, Click on 'Sign Up', and enter access code 'CSBCommunity'
- Lock & Talk: bit.ly/lock-and-talk and lockandtalk.org
- ACE: www.fairfaxcounty.gov/community-services-board/prevention/aces
- Prevent suicide in BIPOC: afsp.org/elevating-voices-for-long-lasting-change-town-hall-series#part-three--preventing-suicide-in-bipoc-communities--ways-forward
- FCPD: www.fairfaxcounty.gov/police/fairfax-county-police-department
- Kognito online suicide prevention training: bit.ly/kognito-suicide-prevention
- Fairfax County Health Department: www.fairfaxcounty.gov/health/drug-disposal
- MHFA: www.fairfaxcounty.gov/community-services-board/training/mental-health-first-aid
- REVIVE!: bit.ly/revive-csb



Reasonable accommodations provided upon request; call 703-324-7000, TTY 711

www.fairfaxcounty.gov/csbc

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