National Suicide Prevention Month QUICK-GUIDE

This is one of twenty-six "Quick-Guides" created to help you take advantage of national health observances to promote and guide adolescent health promotion efforts, especially when using social media. Most messages, materials, and facts can be adapted to fit other audiences not specifically depicted here.

Social Media

Hashtag
#SuicidePrevention
#EndSuicide
#NSPW
#MakeItOk

YouTube
AmericanAssocSuicid
AFSPNational

Twitter
@AASuicidology
@afspnational

Instagram
@afspnational
@preventyouthsuicide

Facebook
- American Association of Suicidology
- American Foundation for Suicide Prevention
- National Suicide Prevention Lifeline '1-800-273-TALK (8255)'

Print, Post, or Share

If available, use logos or other graphics to enhance your posts, emails, or websites. Visuals help catch people's attention and often have higher engagement numbers.

Use available facts from these organizations to create quick and easy posts for social media or a newsletter. Many also provide templates for press releases and other modes of communication.

American Association of Suicidology (AAS)
- Facts & Statistics
- Suicide Myths
- Warning Signs
- LGBT Resources

American Foundation for Suicide Prevention
- Education Programs
- Suicide Statistics
- Take Action
- Treatment Options

For other Quick-Guides, visit: https://z.umn.edu/qguides

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