**Suicide Prevention Week Public Service Announcements (PSA’s):**

*The scripts are timed to allow for a funding disclaimer to be added at the end. For example: ‘Brought to you by (insert name of your organization) with funding from the Mental Health Services Act’.*

Everyone can play a role in suicide prevention! This upcoming September, join in celebrating National Suicide Prevention Week by learning about the warning signs for suicide, how to have a conversation and where to reach out at suicideispreventable.org, that’s suicideispreventable.org.

It’s National Suicide Prevention Week a time in which individuals, organizations and communities around the country join their voices to broadcast the message that everyone can play a role in suicide prevention. Join in this year by visiting *suicideispreventable.org* to view, download, and share activities and resources. Again that’s *suicideispreventable.org*

Today is World Suicide Prevention Day a day that provides the opportunity for people, across the globe, to raise awareness of suicide and suicide prevention. Light a candle in your window tonight at 8PM and join thousands throughout the world in honoring those we have lost to suicide and to spread hope to those who are currently struggling, that’s 8PM tonight. Learn more at SuicideIsPreventable.org.

Pain isn’t always obvious, but most people show some signs when they are thinking about suicide. Warning signs may appear in conversations, through a person’s actions, or in social media posts. If you’re worried about someone the best thing you can do is to reach out. Learn more about the warning signs for suicide, how to have a conversation and reach out at suicideispreventable.org, that’s suicideispreventable.org.

If you or someone you know is experiencing thoughts of suicide, reach out! Having the knowledge and resources to help can save a life. Remember, everyone can play a role in suicide prevention. Visit suicideispreventable.org to learn about a variety of resources for your loved ones, or yourself. Again that’s suicideispreventable.org

It’s officially back to school season and while we may be focused on purchasing folders, backpacks and other supplies, it’s also important to check in on your children’s mental health as well as your own. Stress can add up, and have real impacts on our body, mind, and relationships. Visit suicideispreventable.org to learn about the warning signs for suicide, how to have a conversation, and reach out. That’s suicideispreventable.org

It’s that time of year, you can almost hear the school bells ringing. As we enter back-to-school season, which can be a particularly stressful time, we want to remind all the students, parents, and teachers out there that each and every one of you can play a role in suicide prevention. Learn about the warning signs for suicide, how to have a conversation and where to reach out by visiting suicideispreventable.org. That’s suicideispreventable.org.

Every day in California there are men with deep hidden emotional wounds, some are thinking about suicide. Men aren’t indestructible and often they don’t know how to ask for help, even when they need it. We expect them to keep us safe, but who’s looking out for them. Pain isn’t always obvious and can be strong enough to crack any rock. Trust your instincts and learn the signs, visit suicideispreventable.og to recognize the signs, find the words and reach out.  Find the courage to have the conversation, you have the power to make a difference, the power to save a life.