



September is National Suicide Prevention Month

Mental health is health, and suicide prevention is everyone's business. This month, BCH Outpatient Behavioral Health joins communities across the country in promoting hope, connection, compassionate care, and open conversations about mental health. A simple check-in can be meaningful: ask someone how they are doing, listen without judgment, and help them connect with support when needed.

Start the Conversation

Sometimes the most important thing we can do is ask someone how they are really doing—and take time to listen. Open, compassionate conversations about mental health can reduce stigma and create opportunities for people to seek help. Today, check in with someone in your life and remind them that they matter.

Need support? Call or text 988 for 24/7 crisis support. If there is an immediate life-threatening emergency, call 911.

Shareable resource: American Foundation for Suicide Prevention — National Suicide Prevention Month

<https://afsp.org/national-suicide-prevention-month/>

Shareable resource: NAMI — Suicide Prevention Month

<https://www.nami.org/get-involved/awareness-events/suicide-prevention-month/>

#SuicidePreventionMonth #NationalSuicidePreventionMonth #SuicidePrevention #MentalHealthMatters
#MentalHealthIsHealth #988Lifeline #988 #EndTheStigma #YouAreNotAlone #Hope #BehavioralHealth
#CommunityHealth #MentalHealthAwareness #BCHcares