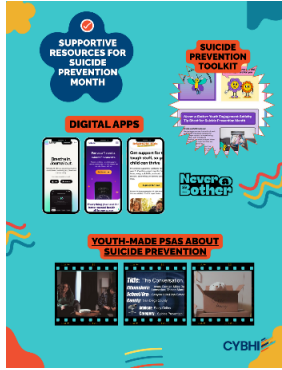




## 2025 Suicide Prevention Month Digital Toolkit

\*Each graphic is hyperlinked to a downloadable video file.

Copy	Graphic
<p>No one should have to face their darkest moments alone.</p> <p>Access free resources that can help you or a loved one before a crisis. <a href="https://bit.ly/CYBHISuicidePrevention">https://bit.ly/CYBHISuicidePrevention</a></p> <p>If you need help right now, call or text 988 for 24/7 real-time support. <b>#SuicidePrevention</b></p>	
<p>Directing Change gives California youth an outlet to create films that raise awareness of tough subjects, including <b>#SuicidePrevention</b>.</p> <p>Let's uplift youth voices today and everyday! Watch &amp; share: <a href="http://directingchange.org/films">directingchange.org/films</a></p> <p>Tags:</p> <ul style="list-style-type: none"> <li>• <a href="#">Instagram</a></li> <li>• <a href="#">TikTok</a></li> <li>• <a href="#">Facebook</a></li> </ul>	
<p>Just one moment of connection can make all the difference. On <b>#988Day</b> &amp; beyond, show up for others – and for yourself.</p> <ul style="list-style-type: none"> <li>• Save the number: 988</li> <li>• Start the conversation</li> <li>• Reach out, even if they seem fine</li> <li>• Be the reason someone feels seen</li> </ul> <p>Your support can be a lifeline.</p>	
<p>Here is your gentle reminder that you are "Never a Bother!" Remember, asking for help can even help you build strength. <b>#SuicidePrevention</b> <b>#NeveraBother</b></p> <p>Tags:</p> <ul style="list-style-type: none"> <li>• <a href="#">Facebook</a></li> <li>• <a href="#">TikTok</a></li> <li>• <a href="#">Instagram</a></li> </ul>	<p>Megan Thee Stallion</p> <p><a href="#">Video LINK</a></p>

September is Suicide Prevention Month. Remember, you've got people on your side — including some you haven't met yet. Help is just a call, text or chat away. Always give yourself another chance.

If you're in crisis or just need someone to talk to, these resources are here for you:

### **988 Suicide & Crisis Lifeline**

Text or call 988 to speak with a trained counselor who will listen without judgment and provide support 24/7.

### **Trevor Project**

24/7 crisis hotline for LGBTQ+ young people

Text 'START' to 678-678

Call 1-866-488-7386

### **Teen Line**

Speak with a trained teen listener who understands what it's like to be a teen.

Call 1-800-852-8336 (6 PM–10 PM PT)

Text TEEN to 839863 (6 PM–9 PM PT)

Learn more at <https://neverabother.org/get-help-now/>

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¡Septiembre es el Mes Nacional de Prevención del Suicidio! Recuerda que tienes gente de tu lado — hasta personas que aún no conoces — y la ayuda está a solo una llamada, mensaje o chat.

Siempre date otra oportunidad. Si estás en crisis o solo necesitas a alguien con quien hablar, estos recursos están aquí para ti:

### **988 Línea de Prevención del Suicidio y Crisis**

Llama o envía un mensaje de texto al 988 para hablar con un consejero que te escuchará sin juzgarte y te proveerá apoyo las 24 horas del día, los 7 días de la semana. Chatea en 988lifeline.org. Aprende más en <https://neverabother.org/es/get-help-now/>

Tags:

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