



YOUTH CREATING CHANGE



## 2025 Suicide Prevention Month Activities and Resources

September is Suicide Prevention Month and #SuicidePreventionWeek is September 8th-13th, 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. Here are some actions you can take during Suicide Prevention Month and beyond to #StartTheConversation at home, at school, and in your community!

- Download our 2025 Suicide Prevention Week Digital Toolkit with social media graphics, videos, and captions in [English](#) and [Spanish](#).
- Check in with the young people in your life. Remind them that they are never a bother and that you are here for them. Find additional resources at [NeveraBother.org](#)
- Share information about the warning signs of suicide. Pain isn't always obvious. Yet most people considering suicide show warning signs or signals of their intentions.
  - Download Warning Signs infographic graphic in [English](#) and [Spanish](#)
- On September 10th, light a candle to symbolize hope. At 8pm on World Suicide Prevention Day, light a candle near a window (or on social media) to show your support for suicide prevention, to remember a loved one, and for survivors of suicide.
  - Post a photo of your candle and tag us @YouthCreatingChangeOrg on Facebook and Instagram and include #YouthCreatingChange
- Encourage youth to submit to the Hope and Justice Art and Film Contest. For the prompt "What I Wish My Parents Knew," create art (in any form) about what you wish your parents knew about the warning signs of suicide, what life is like as a young person, or the importance of supporting youth mental health. Submissions due January 31st, 2026. Learn more [here](#).
- Looking for mental health support? Soluna is an app for teens that offers a safe space to explore and manage your well-being through resources, forums, and more. It's free, easy to use, and confidential. Download the free app at [Solunaapp.com](#).
- Share resources. There are many resources available if you or someone you or someone you know is in crisis or just needs to talk, including the [988 Suicide & Crisis Lifeline](#) and [Teen Line](#).

And finally, check in with yourself and with someone in your life. Remind them that they are never a bother. If you need help or someone to listen, connect with one of these resources.


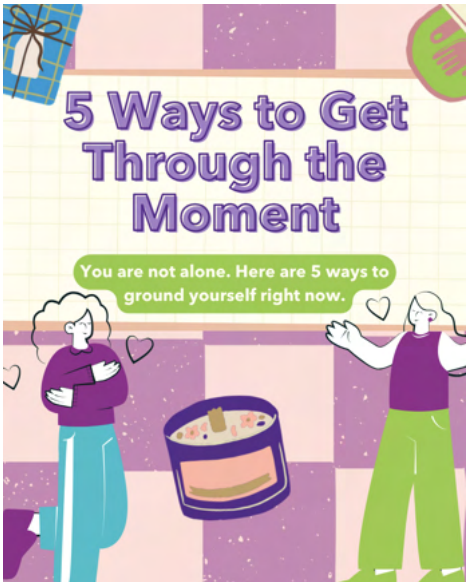


YOUTH CREATING CHANGE



## 2025 Suicide Prevention Week/Month Digital Toolkit

Share these posts on your social media channels and be sure to tag us @YouthCreatingChangeOrg on Facebook, Instagram, and TikTok. Download graphics and videos [here](#).

Graphic	Caption
 <p><a href="#">Download graphic</a></p>	<p>September is Suicide Prevention Month!</p> <p>Everyone can play a role in suicide prevention. You can start conversations with loved ones, review the warning signs, share resources, and get involved in activities and events that uplift your community.</p> <p>Learn more about Suicide Prevention resources and activities at <a href="https://YouthCreatingChange.org/events">YouthCreatingChange.org/events</a></p> <p>#YouthCreatingChange #SuicidePreventionWeek #SuicidePreventionMonth</p>
 <p><a href="#">Download animation</a></p>	<p>These skills can be used in the moment if you or someone you know is experiencing thoughts of suicide. These tips were adapted from Now Matters Now, a great resource that uses evidence-based practices to support people in crisis. Learn more at <a href="https://NowMattersNow.org">NowMattersNow.org</a></p> <p>And remember, you are not alone. Call or text 988 to reach the Suicide &amp; Crisis Lifeline 24/7.</p> <p>Thank you to our Youth Council Member Katelyn G. for creating these graphics for Suicide Prevention Month! Find more Suicide Prevention Month resources and activities at <a href="https://YouthCreatingChange.org/events">YouthCreatingChange.org/events</a></p> <p>#YouthCreatingChange #SuicidePreventionMonth</p>



[Download graphic](#)

World Suicide Prevention Day on September 10th provides the opportunity for people across the globe to raise awareness of suicide prevention and share hope. At 8pm light a candle near a window (or share it social media) to show your support for suicide prevention, to remember a loved one, and for survivors of suicide loss.

Find Suicide Prevention resources and activities at [YouthCreatingChange.org/events](https://YouthCreatingChange.org/events)

#SuicidePreventionWeek #WorldSuicidePreventionDay



[Download animation](#)

Everyone can play a role in suicide prevention. #SuicidePreventionWeek is September 8-14th. During this week and the month of September think about and share what suicide prevention means to you.

Get involved at [YouthCreatingChange.org/events](https://YouthCreatingChange.org/events)

#YouthCreatingChange #SuicidePreventionWeek #SuicidePreventionMonth

Carousel Post - Use the graphics below as a carousel or as individual posts!



[Download carousel graphics](#)

During September and beyond, there are many steps we can take to support suicide prevention. We can ask someone directly if they have thoughts of suicide, connect with cultural traditions, and use calming techniques and crisis resources.

What steps do you hope to engage in this month? Comment below.

For Suicide Prevention resources and activities, visit [YouthCreatingChange.org/events](https://YouthCreatingChange.org/events)

#YouthCreatingChange #SuicidePreventionWeek #SuicidePreventionMonth

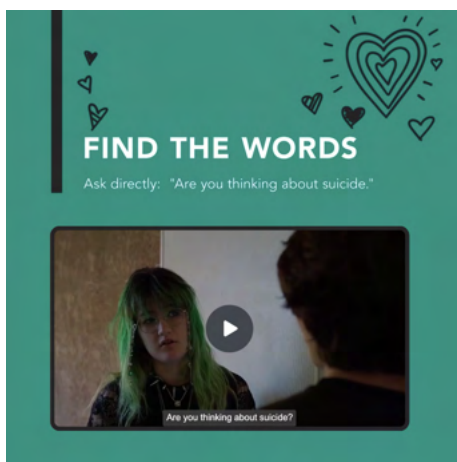


[Download carousel graphics](#)

Are you familiar with the warning signs of suicide? If you're worried about someone, trust your instincts. Start a conversation and don't hesitate to ask them directly if they're thinking about suicide. This will not put the idea in their head! More likely, it will show them that you are comfortable having conversations about serious topics.

Share this graphic and download more Suicide Prevention resources at [YouthCreatingChange.org/events](https://YouthCreatingChange.org/events)

#YouthCreatingChange #SuicidePreventionWeek #SuicidePreventionMonth #StartTheConversation

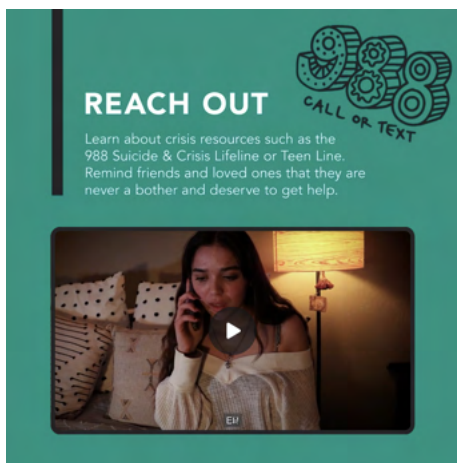


[Download carousel graphics](#)

When talking about suicide, it's okay to be direct. In fact, asking the question "Are you thinking of suicide?" won't put thoughts in someone's head, but can help them open up if they have had these thoughts.

"There can be a lot of anxiety around asking someone if they are thinking about suicide," the youth who created "The Conversation" shared. The film shows why it's important to reach out anyway and how to find the courage to start that conversation.

Learn more about Suicide Prevention Month at [YouthCreatingChange.org/events](https://YouthCreatingChange.org/events)



[Download carousel graphics](#)

If you're speaking to someone in crisis, take a deep breath. There are many ways to support them through this difficult moment, as shown by this youth-created film.

Remember to share resources with them, including the 988 Suicide & Crisis Lifeline and Teen Line. Teens can call 800-852-8336 from 6-10pm PST or text TEEN to 839863 from 6-9pm PST to reach a hotline staffed by trained teen listeners.

Learn more about Suicide Prevention Month activities at [YouthCreatingChange.org/events](https://YouthCreatingChange.org/events)



## CALM & GROUND YOURSELF

If you or someone you know is experiencing thoughts of suicide, there are steps to take in the moment including calming exercises, self-expression, or creating a safe space.



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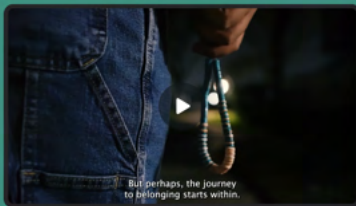
If you're experiencing thoughts of suicide, sometimes you have to take things moment by moment. Whether it's connecting with others, breathing, journaling, or reminding yourself of how far you've come, there are many small steps you can take.

The film "Right Now" was created for the Directing Change Film Contest to show how someone can manage these thoughts in the moment.

Don't be afraid to reach out. You can call or text 988 to reach the Suicide & Crisis Lifeline, or Teens can contact Teen Line - learn more at [TeenLine.org](http://TeenLine.org). Find more Suicide Prevention Month Activities [YouthCreatingChange.org/events](http://YouthCreatingChange.org/events)

## CONNECT WITH CULTURAL TRADITIONS

or community events such as Out of the Darkness walks.



[Download carousel graphics](#)

Engaging in cultural traditions can help give youth a sense of belonging and support. The film "Rewrite Your History" explores this theme from a youth who shares their struggle to feel connected to their Native heritage.

Learn more about suicide prevention in indigenous communities here: <https://tinyurl.com/52zuup3x>

Find more Suicide Prevention Month activities and resources at [YouthCreatingChange.org/events](http://YouthCreatingChange.org/events)

#YouthCreatingChange #SuicidePreventionWeek #SuicidePreventionMonth #reachout

## EXPRESS YOURSELF

Enter film and art contests about mental health and suicide prevention. Learn more, find resources, and watch youth-created films at [YouthCreatingChange.org](http://YouthCreatingChange.org)



[Download carousel graphics](#)

*Use these graphics together as a carousel or share them as individual posts!*



### How to Start a Conversation With Someone You're Worried About



[Download animation](#)

When you're concerned about a friend or loved one, the best thing to do is reach out to them. But how do you start the conversation?

The theme of Suicide Prevention Month is Changing the Narrative on Suicide. By approaching these conversations with empathy, we can help others feel heard and remind them that it's okay to reach out for help.


These tips can help you take that important step. Remember, be sure to connect them with a trusted adult and provide a resource like the 24/7, confidential 988 Suicide & Crisis Lifeline or Teen Line.


#YouthCreatingChange #SuicidePreventionWeek  
#SuicidePreventionMonth #StartTheConversation


### 5-4-3-2-1 Technique



What are 5 things you can see?

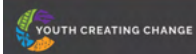
What are 4 things you can touch? 

 What are 3 things you can hear?

What are 2 things you can smell? 



What is 1 thing you can taste?



HopeandJustice.art/events

[Download animation](#)

With the stresses of back to school, remember this breathing technique for when you are feeling anxious or stressed. Take a moment to slow down and breathe, and use the grounding technique 5-4-3-2-1 to bring yourself to the present.

Remember, it's okay to not be okay. And if you need someone to listen, call or text Teen Line.

Call 800-852-8336 from 6-10pm PST or text TEEN to 839863 from 6-9pm PST to reach a hotline staffed by trained teen listeners.

#YouthCreatingChange #SuicidePreventionWeek  
#SuicidePreventionMonth #copingskills #54321



### Get Help Now



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

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)



[Download graphic from Never a Bother](#)

What can you expect when you call 988? Learn what happens when you call or connect with the Suicide & Crisis Lifeline in this video: [tinyurl.com/calling988](https://tinyurl.com/calling988).

#988 #suicideprevention @NeveraBother

### Know the Signs



Find suicide prevention resources and activities at:  
[YouthCreatingChange.org/Events](https://YouthCreatingChange.org/Events)

[Download inset video](#)

It's important to take someone seriously when they show the warning signs of suicide. The animated film "A Shared Warmth" shows how to recognize these signs and connect someone with a trusted adult.

The film was submitted to the Directing Change Film Contest by students from Sacramento County. Learn more about Suicide Prevention Month at [YouthCreatingChange.org/events](https://YouthCreatingChange.org/events)

#YouthCreatingChange #SuicidePreventionWeek  
#SuicidePreventionMonth #knowthesigns



# YOUTH CREATING CHANGE

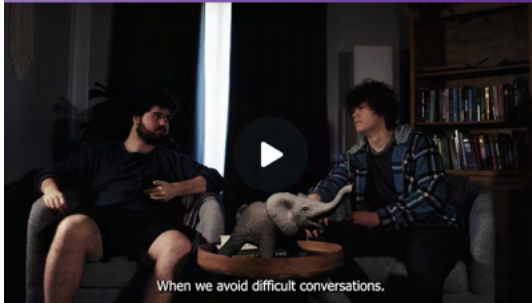
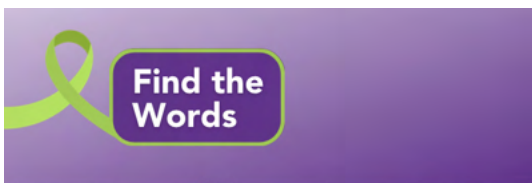


[Download inset video](#)

Have you ever noticed changes in someone you're close to? It's important to pay attention to these changes in behaviors, even if they are subtle. The short film "We All Noticed!" centers on a relationship between sisters and reminds us to reach out when we're concerned about someone.

The film was submitted to the Directing Change Film Contest by students from Los Angeles County. Learn more about Suicide Prevention Month at [YouthCreatingChange.org/events](https://YouthCreatingChange.org/events)

#YouthCreatingChange #SuicidePreventionWeek  
#SuicidePreventionMonth #knowthesigns



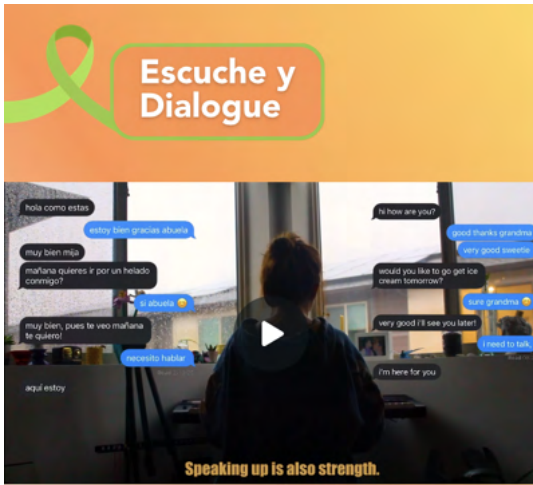
[Download inset video](#)

How do you check in with someone you're worried about? "Elephant in the Room" shows how to share your concerns with empathy and care. "Mental health struggles are so common in youth, yet real conversations about suicide often feel impossible to have. I wanted to create something that helps break that silence and shows how being direct can make a difference," the youth filmmaker shared.

The film was submitted to the Directing Change Film Contest by a student from Terra Linda High School in Marin County.

Learn more about Suicide Prevention Month at [YouthCreatingChange.org/events](https://YouthCreatingChange.org/events)

#YouthCreatingChange #SuicidePreventionWeek  
#SuicidePreventionMonth #knowthesigns



Para recursos y actividades de prevención del suicidio, visita:  
[YouthCreatingChange.org/Events](https://YouthCreatingChange.org/Events)

[Download inset video](#)

Though it can be difficult to speak up, we may be surprised about just how much support we receive. The film "La Tormenta Interior" shows a conversation between a young person and her grandmother over text. The filmmaker shares that the film "shows a raw and intimate look at mental health struggles within the Hispanic community and the quiet power of reaching out."

Find Suicide Prevention Month resources in Spanish and English at [YouthCreatingChange.org/events](https://YouthCreatingChange.org/events)

#YouthCreatingChange #SuicidePreventionWeek #SuicidePreventionMonth #reachout #enespanol



[Download graphic](#)

"Love in All Colors" was created by a student to celebrate LGBTQ+ acceptance, particularly in families of color. "Supportive families are the first step to acceptance. It's shown that when a family accepts their child for who they are, their suicide rate drops," the youth artist shared.

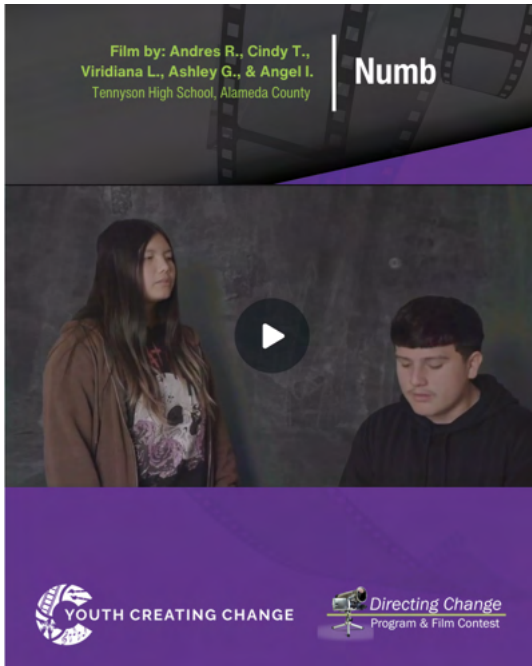
LGBTQ+ youth need a safe space to be heard. Trevor Project is available 24/7 by calling 1-866-488-7386 or by texting START to 678-678. Learn more at [thetrevorproject.org](https://thetrevorproject.org)

Find activities and resources for Suicide Prevention Month at [YouthCreatingChange.org/events](https://YouthCreatingChange.org/events)

#YouthCreatingChange #SuicidePreventionWeek #SuicidePreventionMonth #knowthesigns



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[Download inset video](#)

September is Recovery Month. The video “Numb” was created by students from Tennyson High School in Alameda County to show how to support a young person struggling with substance use.

To get connected to treatment, visit [findtreatment.gov](http://findtreatment.gov). And if you’re in crisis, call or text 988 to reach the Suicide & Crisis Lifeline, which offers judgement-free support for substance use, mental health, and more.

#YouthCreatingChange #RecoveryMonth



[Download graphic](#)

Opportunity for California youth! Create a 60-second film about suicide prevention, mental health, and other health and social justice issues. Win prizes, participate in an award ceremony, and spark change.

Get started at [DirectingChangeCA.org](http://DirectingChangeCA.org)

#studentfilmcontest #artcontest #mentalhealth #suicideprevention #educators



## YOUTH CREATING CHANGE



[Download graphic](#)

This is your chance! Get creative and think about what you would say to your parent(s)/caregiver(s) or other adults about struggles you go through in your life as a young person today. What do you wish they knew about you, your mental health, and the kind of support you need? Write a letter, film a short video or create a painting or a poem about what you would say.

Submit by January 31st, 2026 for a chance to win up to \$300 in gift cards! Visit

<https://hopeandjustice.art/contest> to get started.