



September is...

# Suicide Awareness

Month



## Know the Signs & What to Do

Is someone you love talking about not wanting to live? Have you noticed changes in their behavior that are causing you to worry they may be contemplating suicide?

There is help for them and for you.

Being there for them and telling them you care is the first step.

Don't be afraid to ask directly if they are thinking about suicide.

Check out [afsp.org](http://afsp.org) for ways to start the conversation.



24/7 CALL, TEXT, CHAT

## There is help out there

Are you or a loved one in a crisis? Call or text [988](tel:988) or text TALK to 741741

Call Ascension Behavior Health in Arlington Heights to speak to a professional to discuss next steps: 847-952-7460

QPR - Question Persuade Refer Suicide Prevention Training: [qprinstitute.com](http://qprinstitute.com).

Suicide Prevention Apps for your phone:



## Dealing with loss

Catholic Charities offers the LOSS program: (312) 655-7283

The Association of Catholic Mental Health Ministers has a new video series; book & other spiritual supports on their website:

[catholicmhm.org/  
whenalovedonediesbysuicide](http://catholicmhm.org/whenalovedonediesbysuicide)

