

SEPTEMBER IS

# Suicide Prevention Month

This month we invite all mental health advocates, survivors, allies, and community members to join us and unite to promote suicide prevention awareness.

One of the biggest ways we can help prevent suicide in our community is to de-stigmatize mental health and suicidal thoughts by talking about our own mental health openly, and asking those we are worried about directly about suicide. This is the first step to helping someone who is struggling get connected to resources.

The second best thing you can do is to educate yourself and your loved ones with free suicide prevention trainings. Email [info@suicideprevent.org](mailto:info@suicideprevent.org) to schedule your free, virtual, 1 hour training for a group as small as a couple of people.

The third best thing you can do is to donate to the Alliance! Every week of September ASP is offering a fun opportunity to receive something with your donation. All donations go directly into our programming to prevent suicide in our community.

## Special thanks to our 2020 Sponsors!

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HEALTH PARTNERS



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# GET INVOLVED: SUICIDE PREVENTION MONTH

September 2020



**Week 1: 09/04**  
Virtual Teen Self Care Fair (TSCF) launching Friday the 4th: The TSCF is an ongoing virtual opportunity for youth to learn to coping skills. Visit [teenselfcarefair.org](https://teenselfcarefair.org) for more details.

**Week 2: 09/07~ 09/11**  
Sticky Note Fundraiser: This week, you are able to donate anywhere from \$1-\$100 to ASP by claiming a sticky note on the chart.

**Week 3: 09/14~09/18**  
Remembrance Walk Week: ASP will host its annual Remembrance Walk, virtually!

**Week 4: 09/23**  
Wine Pull Wednesday: Make a flat rate donation of \$20 and receive a bottle of wine of various values. Cheers!

**Week 5: 09/28~09/30**  
Silent Auction: Bid on a number of locally curated gift baskets built around a variety of themes from Brewery Lovers to Outdoor Enthusiast.  
Annual Lifesavers Breakfast: See website for more details!

- ALL MONTH LONG:**
- Mental health t-shirts sales
  - Donate to ASP through NoCo Nosh
  - Every Tuesday, 2pm: Veteran Support Group
  - Every Tuesday, 4pm: Men's Support Group
  - Every Tuesday, 6pm: Attempt Survivor Support Group
  - Every Monday: Newsletter (Sign up on our website!)

**For all event/fundraiser details please visit [allianceforsuicideprevention.org](https://allianceforsuicideprevention.org) OR text 2020Rise to 76278**

**Facebook: Alliance for Suicide Prevention of Larimer County**

| SUN | MON                                | TUE   | WED  | THU                                | FRI                               | SAT  |
|-----|------------------------------------|---|--|------------------------------------|-----------------------------------|--|
| 30  | 31<br>T-shirts go on sale!         | 1<br>Veteran Support, Men's Support, Attempt Survivor Support Groups                          | 2  | 3                                  | 4<br>Virtual TSCF Opens           | 5  |
| 6   | 7<br>Sticky Note Fundraiser Starts | 8<br>Veteran Support, Men's Support, Attempt Survivor Support Groups                          | 9  | 10<br>World Suicide Prevention Day | 11<br>Sticky Note Fundraiser Ends | 12   |
| 13  | 14<br>Remembrance Walk Week Starts | 15<br>Veteran Support, Men's Support, Attempt Survivor Support Groups                         | 16<br>Heartbeat 6:30-8pm                   | 17                                 | 18<br>Remembrance Walk Week Ends  | 19   |
| 20  | 21                                 | 22<br>Teen Heartbeat 6-8pm<br>Veteran Support, Men's Support, Attempt Survivor Support Groups | 23<br>Wine Pull Wednesday on Facebook Live | 24<br>Silent Auction Preview       | 25                                | 26   |
| 27  | 28<br>Silent Auction Opens         | 29<br>Lifesavers' Breakfast   | 30<br>Silent Auction Ends 7pm              | 1                                  | 2                                 | 3<br> |