



SUICIDE PREVENTION PLEDGE

Each September, **Suicide Prevention & Awareness Month** provides an opportunity to strengthen awareness, encourage connection, and help people access support when they need it.

At our program, we recognize that suicide prevention is a shared community effort that includes reducing stigma, recognizing changes that may signal someone is struggling, checking in with one another, and connecting people with appropriate mental health and crisis resources.

By creating supportive communities and encouraging open conversations about mental health, we help older adults and their families know they are valued, supported, and connected to care.

Call to Action:

- **Create Connection:** Help older adults stay connected to family, friends, caregivers, health care providers, and their communities.
- **Check In:** Take time to reach out to someone who may be struggling. Ask, “How are you doing?” or “How can I support you?” Listen with care and take concerns seriously.
- **Support Well-Being:** Encourage habits that support mental and physical health, including nutritious meals, physical activity appropriate for the individual, adequate sleep, social connection, and regular health care.
- **Encourage Mental Health Care:** Help reduce barriers to seeking support and encourage the use of available mental health, medical, community, and crisis resources.
- **Reduce Stigma:** Foster an environment where people can talk openly about mental health concerns and feel comfortable asking for help.

Commitment:

This September and beyond, I pledge to **support** the mental health and well-being of older adults in my community.

I will **make time** for connection, **listen** with compassion, **encourage** people to seek support, and help **reduce the stigma** surrounding mental health care.

I will take concerns about suicide **seriously** and **help connect people** with appropriate support and resources.

Together, we can strengthen our communities.
