30 Posts for 30 Days

A Suicide Prevention Month Social Media Toolkit
How to Use This Toolkit

1. **Learn Best Practices**
   Before posting or sharing, read this [simple guide](#) about safe messaging for suicide prevention.

2. **Add a Photo**
   Click the links in this document and download the photos to place them into your social media post.

3. **Add Post Content**
   Copy and paste the accompanying content into your social media post. For safest messaging, do not change the wording in the posts.

4. **Connect People to Support**
   **IMPORTANT** - all posts MUST include the following crisis support template content.
   **Crisis Support Template:**
   
   If you or someone you know is thinking about suicide, whether in crisis or not, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) and get connected today. Free and confidential available 24/7/365. You can also access local support by walking into 928 12th Street, Greeley, CO 80631 or calling 970-347-2120 (option 2).

   For more information about suicide prevention efforts or support for suicide loss in Weld County visit us at NorthRange.org/SESS or call 970.313.1089.

   Kindest,
   Your friends at Suicide Education and Support Service, a program of North Range Behavioral Health
Working aged men (25-54 years old) account for the largest numbers of suicide deaths in the United States. Learn how to tackle feelings like stress, anger, divorce, anxiety, and suicidal thoughts. Designed for men by men! Check it out in the privacy of your own home! ManTherapy.org

ManTherapy.org is dedicated to smashing the notion that men shouldn’t talk about their feelings. Check it out today to learn more or take a 20-point head inspection.

Learn how to tackle feelings like stress, anger, divorce, anxiety, and suicidal thoughts. Designed for men here in Colorado. It will make you chuckle! Check out Mantherapy.org today.

Send a caring and funny postcard to a friend or family member straight from ManTherapy.org today. For our dads, brothers, sons, and friends, ManTherapy is there to offer hope and help when it feels like there isn’t any.

ManTherapy.org is a Colorado campaign created by men, for men. It uses humor and facts to teach men about feelings like stress, anger, divorce, anxiety, and suicidal thoughts in the privacy of their own home.

ManTherapy.org - therapy the way a man does it. Because men have feelings too.

Did you know men have the highest risk of suicide in Weld County? Question, Persuade, Refer (QPR) teaches 3 easy steps to save a life. @NorthRangeBehavioralHealth will train you and your loved ones at no-cost. Pairing QPR with ManTherapy.org is a sure way to help protect the men in our lives.

Choose an uplifting picture of hope or enter qprinstitute.com and their website will auto populate a photo for you.
Starting the conversation can be hard. When it comes to talking with a friend who may be struggling with their mental health, it doesn’t matter how you ask; all that matters is that you do. Learn more at SeizeTheAwkward.org. #SeizeTheAwkward

If you’ve noticed your friend hasn’t seemed like themselves recently, talk about it. Learn how at SeizeTheAwkward.org and ask them how they’re feeling. #SeizeTheAwkward

What do you do if the conversations become awkwardly silent? Lean in. Learn how at SeizeTheAwkward.org and reach out to your friends to see how they’re doing. #SeizeTheAwkward

You know your friend better than most people do. If you’ve noticed your friend hasn’t seemed like themselves lately, ask them how they’re feeling! SeizeTheAwkward.org can help. #SeizeTheAwkward

When it comes to checking in on a friend about their mental health, trust your instincts. Learn how at SeizeTheAwkward.org. #SeizeTheAwkward

Awkward silences don’t have to be so awkward. Sometimes you can use them to check in with a friend about how they’re doing. Learn how at SeizeTheAwkward.org. #SeizeTheAwkward

Opening up about mental health can make your friendships even stronger. Learn how at SeizeTheAwkward.org. #SeizeTheAwkward

Rejection probably isn’t personal. Let your friend know you’re there for them.
We need to be as open about our mental health as we are about our physical health. For tips on how to start the conversation, go to LetsTalkCo.org to learn more.

Be kind to yourself. We won’t always handle things perfectly, or be as organized and productive as we feel we should be. Sometimes, we may lose our temper, forget things, or get behind on chores. Be as fair and gentle with yourself as you are to others. Go to LetsTalkCo.org to learn more.

Just being available and listening to the people we care about offers a ton of support. The fact that you are there to listen can make a world of difference, so in your conversation, try to err more on the side of listening more and fixing less. For tips on how to start the conversation go to LetsTalkCo.org to learn more.

Don’t ignore it. Don’t be afraid to ask about the well-being of another if you think they might be hurting. Trust your senses. You don’t have to do this alone. Reach out and get connected. How do we talk about our mental health? Go to LetsTalkCo.org to learn more.

We are all a work in progress, we don’t have to figure everything out all at once. Talking helps. For tips on how to start the conversation go to LetsTalkCo.org to learn more.

You are not alone! It’s okay to not be okay, but reach out and get connected. How do we talk about our mental health? Go to LetsTalkCo.org to learn more.

Stop the silence. If someone opens up to you about their depression, anxiety, or other mental health concerns, they’re putting their trust in you. Ask questions, show concerns, and keep the awkward silences at bay. For tips on how to start the conversation go to LetsTalkCo.org.
When you don't know where to turn for help, start here. Text the word TALK to 38255 and get connected instantly to the text support line. Every text conversation is free, confidential, and available 24/7. belowthesurfaceco.com

Feeling anxious about what tomorrow might look like, when our normal looks so different? It helps to talk about things we are unsure of. When you don't know where to turn to for help, start here. Text the word TALK to 38255 and get connected instantly to the text support line. Every text conversation is free, confidential, and available 24/7. belowthesurfaceco.com

Feeling the pressure of never being good enough? Stressed about school? Try the text line...they are there to listen. When you don't know where to turn for help, start here! Text the word TALK to 38255 and get connected instantly to the text support line. Every text is free, confidential, and available 24/7. belowthesurfaceco.com

Break the stigma, it's okay to not be okay, but reach out and get connected with someone who will listen and not shame or blame you. When you don't know where to turn for help, start here! Text the word TALK to 38255 and get connected instantly to the text support line. Every text is free, confidential, and available 24/7. belowthesurfaceco.com

Sometimes emptiness lies beneath the surface. When you don't know where to turn to for help with life’s challenges, start here! Text the word TALK to 38255 and get connected instantly to the text support line. Every text is free, confidential, and available 24/7. belowthesurfaceco.com

Parents/Caregivers...It can be hard for teens to reach out because of shame or blame. At times they feel like they are a burden, and don’t want to disappoint you. It’s okay to talk about your mental health, it’s okay to not be okay. When you don’t know where to turn for help, start here. Text the word TALK to 38255 and get connected instantly. Every text conversation is free, confidential, and available 24/7. belowthesurfaceco.com
LGBTQ youth are 4x more likely to experience suicidal thoughts and engage with self-harm compared to straight youth. There is hope… LGBTQ youth who know at least ONE accepting adult are 40% less likely to attempt suicide. The Trevor Project is a fantastic nationwide resource for our LGBTQ community who may not have anywhere else to turn to for help. For a safe and judgment-free place to talk, call the Trevor Lifeline 1.866.488.7386 or text "START" to 678-678, available 24/7/365 for confidential support.

To get involved with suicide awareness, education, and or support in our community, join our monthly meetings. All are welcome. We meet on the 4th Tuesday of the month. For more information email NRBH_SESS@NorthRange.org or visit NorthRange.org/SESS. Together we can reduce the stigma surrounding suicide, and help people connect with hope.
For more information about suicide prevention efforts or support for suicide loss in Weld County visit us at NorthRange.org/SESS or call 970.313.1089.