

TAKE 5 TO SAVE LIVES

World Suicide Prevention Day

September 10th is
World Suicide Prevention Day.

Join a national movement
to change lives and save lives.

The National Council for Suicide Prevention and over 50 partnering organizations have joined forces to spread the word about World Suicide Prevention Day on September 10th and the **Take 5 to Save Lives** campaign (www.take5tosavelives.org).

You can help prevent suicide and save lives by taking 5 simple steps: 1) Learn the signs 2) Join the movement 3) Spread the word 4) Support a friend 5) Reach out if you need help.

We are encouraging everyone to use their social media channels to spread the word about World Suicide Prevention Day and lend their support. Below are suggested posts for Twitter and Facebook.

Suggested Tweet*:

It's World Suicide Prevention day and I'm Taking 5 to Save Lives. RT www.take5tosavelives.org #take5

Suggested Facebook Posts:

Individuals: It's World Suicide Prevention day and I'm Taking 5 to Save Lives. Join the movement by visiting www.take5tosavelives.org and updating your status with this message.



* On Twitter, the hashtag #take5 should be used in all tweets.

www.take5tosavelives.org