



# *Great Changes* Mental Health Monthly

## September 2026



September is National Suicide Prevention Awareness Month, dedicated to raising awareness, reducing stigma, and sharing resources to prevent suicide, which is a leading cause of death. Throughout the month, especially around World Suicide Prevention Day (Sept. 10), organizations promote open conversations, mental health education, and support for those in crisis.

<https://www.samhsa.gov/about/digital-toolkits/suicide-prevention-month>

### Key Aspects of Suicide Prevention Month:

- Goal: To normalize help-seeking behavior, share stories of hope, and educate the public on warning signs.
- Focus Areas: Encouraging open, honest conversations about mental health and connecting individuals to professional care.
- Key Dates:
  - World Suicide Prevention Day: September 10.
  - 988 Day: September 8 (celebrating the 988 Crisis Lifeline).
- Action Steps: Checking in on friends and colleagues, advocating for mental health resources, and sharing that help is available.

If you or someone you know is struggling or in crisis, help is available:



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## **Mental Health Monthly**

- Call or Text 988 to reach the Suicide & Crisis Lifeline in the U.S. and Canada.
- Chat online at [988lifeline.org](https://988lifeline.org).
- Crisis Text Line: Text HOME to 741741.

These services are free, confidential, and available 24/7.