

Suicide Prevention

Social Media Posts Overview and Instructions

All of the social media posts provided in this booklet can be downloaded from the Each Mind Matters Resource Center. For questions email: info@suicideispreventable.org

For suicide prevention resources in many languages visit:

EMMResourceCenter.org

suicideispreventable.org



Funded by counties through the voter-approved Mental Health Services Act (Prop. 63).

Warning Signs Animation

Available formats

34 second video (mp4) files sizes for Instagram and Facebook

Language:

English

Do you
KNOW
THE SIGNS of suicide?
suicideispreventable.org

Pain isn't always obvious.

Warning signs may appear in conversations, through a person's actions, or in social media posts. If you observe one or more warning signs, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change, reach out.

WARNING SIGNS

- Increased drinking or alcohol use
- Changes in sleep
- Giving away possessions
- Anxiety or agitation
- Feeling hopeless, desperate, trapped
- Sudden mood
- Uncontrolled anger
- Talking about wanting to die or suicide

WARNING SIGNS

"My friend used to say things like 'I just can't take it anymore, I just want to end it all.'"

Talking about wanting to die or suicide

Their thoughts might be direct or subtle and vague, or reflected in something written or drawn.

Trust Your Instincts.

Know the Signs. Find the Words. Reach Out.

suicideispreventable.org

Know the Signs >> Find the Words >> Reach Out

Written Posts

Facebook

Warning signs may appear in conversations, through a person's actions, or in social media posts. If you observe one or more warning signs, especially if the behavior is new, has increased, or seems related to a painful event, loss or change, reach out. Trust your instincts. Learn the warning signs at suicideispreventable.org

Instagram

Warning signs may appear in conversations, through a person's actions, or in social media posts. If you observe one or more warning signs, especially if the behavior is new, has increased, or seems related to a painful event, loss or change, reach out. Trust your instincts.

#SuicidePreventionWeek2020

#EachMindMatters #NationalRecoveryMonth

#KnowTheSigns #ReachOut #SaveALife

#MentalHealth #SuicidePrevention

#ThereIsHope

Spanish

Las señales se pueden manifestar por medio de conversaciones, en su manera de actuar o en sus comentarios en las redes sociales. Si observa, aunque sea una de estas señales, especialmente si nota que el comportamiento es algo nuevo, que ha incrementado o que parece ser a causa de una pérdida, un cambio o un evento trágico, diga algo inmediatamente. Confié en sus instintos. Reconozca las señales de advertencia en el sitio web de elsuicidiesprevenible.org

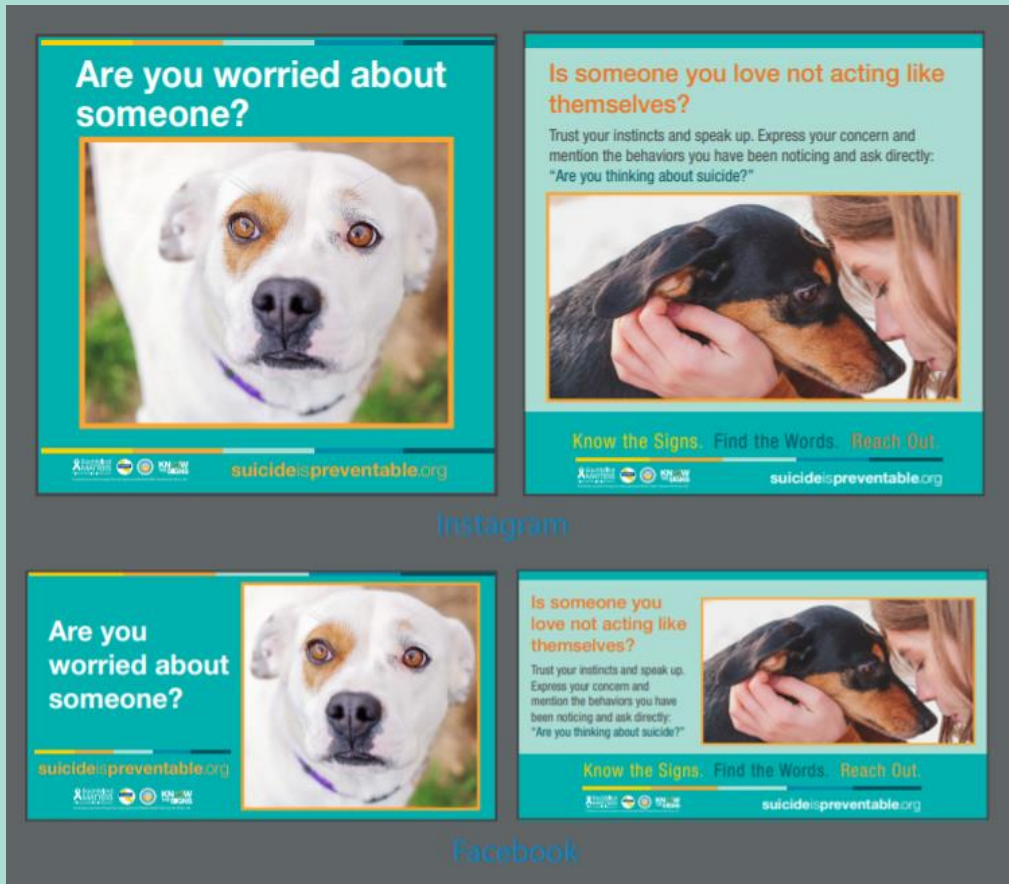
Worried about Someone?

Available formats:

10 second video (mp4) files sizes for Instagram and Facebook
Static posts (png of each of the two individual images)

Language:

Video in English, Static posts in English and Spanish



Know the Signs >> Find the Words >> Reach Out

Written Posts

Facebook and Instagram

Is someone you care about not acting like themselves? If you're worried about someone, the best thing that you can do is to trust your instincts and speak up! Mention the behaviors you have been noticing and ask directly about suicide. Saying the words directly, "Are you thinking about suicide?" can be difficult to say, but when it comes to suicide prevention, none are more important.

And remember you are not alone. Call the National Suicide Prevention Lifeline at 1-800-273-8255 if you are concerned about a loved one or in crisis yourself.

To learn more about the warning signs for suicide and tips to prepare for a conversation with someone you are concerned about visit suicideispreventable.org @EachMindMatters #SuicidePreventionWeek2020 #EachMindMatters #KnowTheSigns #SpeakUp #YouAreNotAlone #MentalHealth #SuicidePrevention #ThereIsHope #dogsdogood

Spanish

¿Está actuando diferente alguien en el trabajo? Si estás preocupado por un compañero del trabajo, ¡lo mejor que puedes hacer es confiar en tus instintos y decir algo! Menciona los comportamientos que has observado y pregunta directamente si están pensando en suicidarse. Preguntando directamente, "¿Estás pensando en quitarte la vida?" puede ser difícil, pero cuando se trata de la prevención del suicidio, nada es más importante. Y recuerda que no estás solo. Llame al Red Nacional de la Prevención del Suicidio al 1-888-628-9454 si estás preocupado por un ser querido o si estás pasando por una crisis emocional.

Cultural Resources Animation

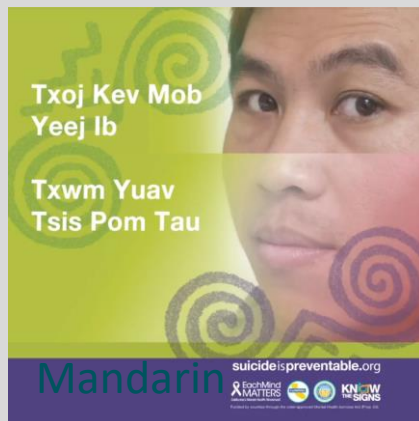
Available formats:

34 second animation video (mp4)

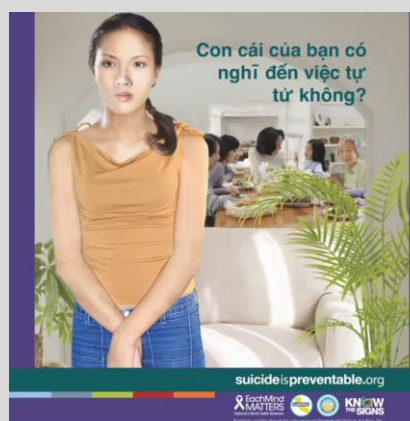
Static posts sized for Instagram and Facebook of the individual images (png)



Traditional Chinese



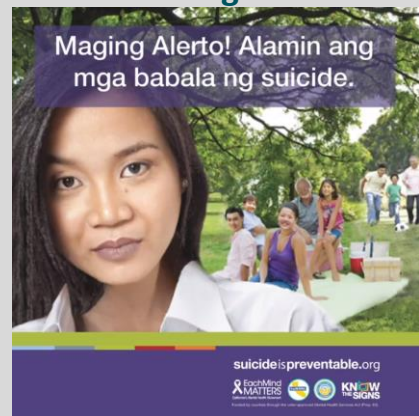
Hmong



Vietnamese



Lao



Tagalog



Vietnamese

For suicide prevention resources in many languages visit:

EMMResourceCenter.org

suicideispreventable.org

EachMind MATTERS
KNOW the SIGNS

Know the Signs >> Find the Words >> Reach Out

Written Posts (Cultural Resource Animation)

Facebook

You are not alone in helping someone in crisis. There are many resources available to help you support someone you are concerned about. Having the knowledge and resources to help the ones we care about is important for each and every one of us. Visit EMMResourceCenter.org to see a collection of resources in a variety of different languages, including Hmong, Khmer, Korean, Lao, Mandarin/Chinese, Punjabi, Russian, Spanish, Tagalog, and Vietnamese.

Instagram

You are not alone in helping someone in crisis. There are many resources available to help you support someone you are concerned about. Having the knowledge and resources to help the ones we care about is important for each and every one of us. [@EachMindMatters](#) has a collection of resources in a variety of different languages, including Hmong, Khmer, Korean, Lao, Mandarin/Chinese, Punjabi, Russian, Spanish, Tagalog, and Vietnamese. [#KnowTheSigns](#) [#SuicidePreventionWeek2020](#) [#Resources](#) [#SuicidePrevention](#) [#Russian](#) [#Vietnamese](#) [#Korean](#) [#Lao](#) [#Tagalog](#) [#Hmong](#) [#Khmer](#) [#Mandarin](#) [#Chinese](#) [#Punjabi](#)

Know the Signs Word Animation Videos

Available formats:

15 and 28 second videos (mp4) with music. The preview image below does not show the entire storyboard.

Language:

English and Spanish

Pain isn't always obvious.

trust your
instincts

and reach out.

KNOW
THE **SIGNS** of suicide
suicideispreventable.org



Know the Signs >> Find the Words >> Reach Out

Written Posts (Word Animation Videos)

Facebook

Pain isn't always obvious, but most people show some signs when they are thinking about suicide. The signs may appear in conversations, through their actions, or in social media posts. If you observe one or more warning signs, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change, reach out. TRUST YOUR INSTINCTS.

Visit www.SuicidelsPreventable.org to learn the warning signs for suicide and how to start the conversation. #EachMindMatters #SuicidePreventionWeek2020

Instagram

Pain isn't always obvious, but most people show some signs when they are thinking about suicide. The signs may appear in conversations, through their actions, or in social media posts. If you observe one or more warning signs, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change, reach out. TRUST YOUR INSTINCTS.

Visit www.SuicidelsPreventable.org to learn the warning signs for suicide and how to start the conversation
#KnowTheSigns #EachMindMatters #SuicidePreventionWeek2020
#SuicidePreventionWeek #SuicidePreventionMonth
#NationalRecoveryMonth #WorldSuicidePreventionDay

Spanish

El sufrimiento no siempre se nota. Las señales se pueden manifestar por medio de conversaciones, en su manera de actuar o en sus comentarios en las redes sociales. Si observa, aunque sea una de estas señales, confíe en tus instintos, actúe o diga algo inmediatamente. En honor de la #SemanaDePrevenciónDelSuicidio2020, los animamos a visitar el sitio web de elsuicidio.esprevenible.org para más información sobre las señales de advertencia, cómo comenzar una conversación y recursos de ayuda. @SanaMente #SanaMente #ReconozcaLasSeñales

KNOW THE SIGNS of suicide



Inlet Video Posts

Available formats:

3 static posts with inlet videos (mp4 files)

Language:

English

Find the Words

“Are you thinking about suicide?”



Know the Signs. Find the Words. Reach Out.



suicideispreventable.org

Pain Isn't Always Obvious



Know the Signs of Suicide.
Find the Words. Reach Out.



suicideispreventable.org

Know the Signs >> Find the Words >> Reach Out

Written Posts (Inlet Video)

For Pain Never Lasts

“The sun always rises so the darkness never lasts.” This powerful film comes from the Directing Change Program, which hosts a film contest each year to elevate youth voices and raise awareness around mental health and suicide prevention. “Pain Never Lasts” uses spoken word to share the artist’s thoughts of hope, even in dark times. Here is the film, submitted from UC

Riverside: <https://vimeo.com/92756717>

#directingchange #eachmindmatters #youthfilm #ucriverside #riversidecounty @directingchange @eachmindmatters #SuicidePreventionWeek2020

For This isn’t the end

A girl who experienced thoughts of suicide reflects on how her friends noticed the signs and reached out to help her when she needed them most. If you’re worried about someone, the best thing that you can do is to trust your instincts and speak up! Mention the behaviors you have been noticing and ask directly about suicide. Saying the words directly, “Are you thinking about suicide?” can be difficult to say, but when it comes to suicide prevention, none are more important. And remember you are not alone. Call the National Suicide Prevention Lifeline at 1-800-273-8255 if you are concerned for someone or need help yourself. Watch Whitney High School’s “This Isn’t the End” here:

<https://vimeo.com/208747236>

#directingchange #youthfilm #whitneyhighschool #placercounty #SuicidePreventionWeek2020 @eachmindmatters

For A Different Type of Battle

This moving personal story shares the story of a veteran who returns from combat with post-traumatic stress disorder (PTSD). He shares his suicide attempt and other struggles associated to his mental illness. Through counseling and supportive family and friends, he recovered and now works for a nonprofit that helps veterans get the help they need. For more personal stories, visit @EachMindMatters ‘Stories’ at <https://www.eachmindmatters.org/stories/> #EachMindMatters #SuicidePreventionWeek2020 #PTSD #Veterans #SuicidePrevention #MentalHealth

Know the Signs >> Find the Words >> Reach Out

Know the Signs

Available formats:

Static post size for FB and Instagram (png)

Language:

English and Spanish

KNOW
THE SIGNS
of suicide

suicideispreventable.org

EachMind MATTERS
California's Mental Health Movement

CalMHSA

Prop. 63

Funded by counties through the voter-approved Mental Health Services Act (Prop. 63).

RECONOZCA
LAS SEÑALES
de suicidio

elsuicidioesprevenible.org

SanaMente
Movimiento de Salud Mental de California

CalMHSA

Prop. 63

Financiado por condados a través de la Ley de Servicios de Salud Mental (Propuesta 63), aprobada por votantes.

Know the Signs >> Find the Words >> Reach Out

Written Posts

Facebook

All of us can play a role in suicide prevention. In honor of #SuicidePreventionWeek2020 we encourage you to visit suicideispreventable.org to learn more about the warning signs, how to have a conversation with someone you are concerned about, and to find helpful resources. Together we can know the signs, find the words and reach out.

Instagram

All of us can play a role in suicide prevention. In honor of #SuicidePreventionWeek2020 we encourage you to learn more about the warning signs of suicide, how to have a conversation and resources for help. Together we can know the signs, find the words and reach out. @EachMindMatters #SuicidePreventionWeek2020 #EachMindMatters #NationalRecoveryMonth #KnowTheSigns #ReachOut #SaveALife #MentalHealth #SuicidePrevention #ThereIsHope

Spanish

Todos podemos tener un función esencial en la prevención del suicidio. Para celebrar la #SemanaDePrevenciónDelSuicidio2020, los alentamos a visitar el sitio web elsuicidioesprevenible.org para más información sobre las señales de advertencia, cómo comenzar una conversación con un ser querido, y para recursos útiles. Juntos podemos reconocer las señales, escuchar y dialogar, y buscar ayuda. @SanaMente #SanaMente #ReconozcaLasSeñales

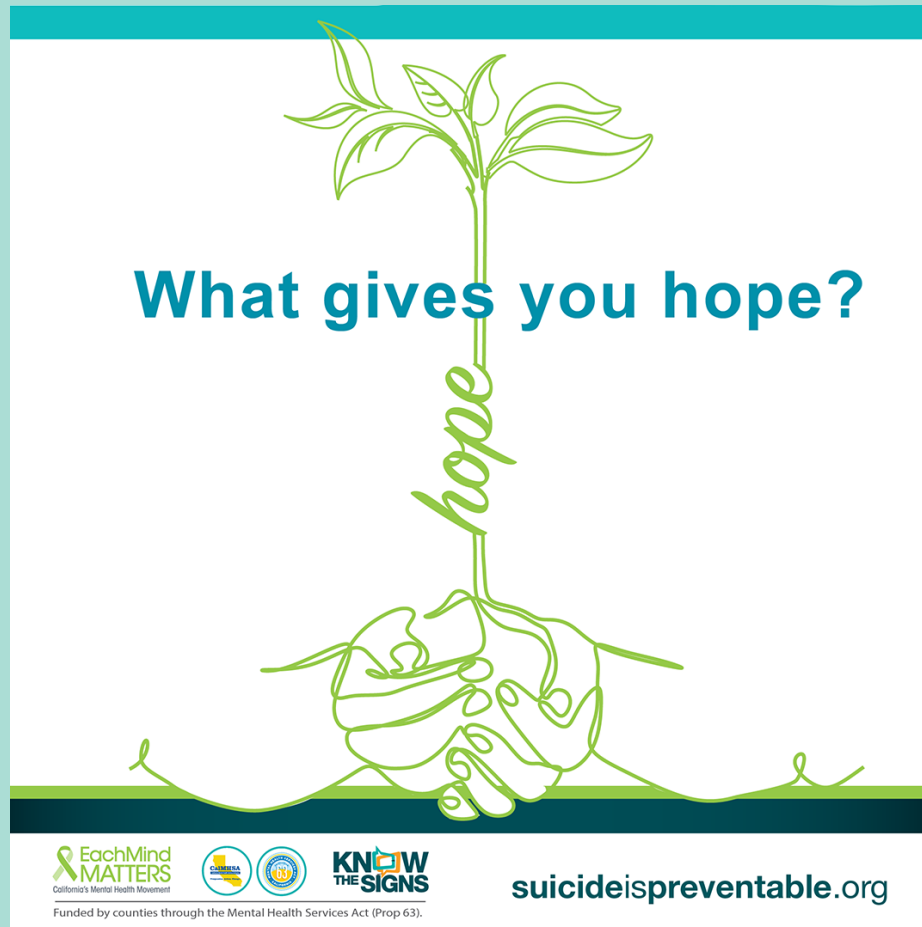
Hope

Available formats:

Static post size for FB and Instagram (png)

Language:

English



Know the Signs >> Find the Words >> Reach Out

Written Posts (Hope)

Facebook and Instagram

Hope lies in dreams, in imagination, in one another and in the courage of those who persevere. Hope becomes a foundation for those who are struggling and provides the energy that drives us to find a way to get better and heal. What gives you hope? Share your reasons below or in your stories and tagging @EachMindMatters. By sharing what gives you hope, we can empower others to do the same and perhaps inspire hope in those who have lost it. #KnowTheSigns #SuicidePreventionWeek2020 #SuicidePreventionWeek #SuicidePreventionMonth #NationalRecoveryMonth #ThereIsHope #Hope #Healing #EachMindMatters

Facebook and Instagram

We cannot always prevent or remove suffering and pain, but we can cultivate hope by sharing stories of resilience and recovery from those in our communities who have experienced adversity. #ThereIsHope #Hope #Healing #EachMindMatters

Facebook and Instagram

The ongoing stress and worry we may be experiencing as individuals, families and communities as a result of the pandemic, wildfires, racial injustices, grief and loss are challenging and at times can dampen our hope. This may be especially true for people in our communities who were already struggling economically or with pre-existing chronic health problems or mental health challenges. However, throughout difficult times we have also seen that when we work together, we are even more powerful than when we act alone. Please remember: You are not alone. If you are in crisis, please contact the National Suicide Prevention Lifeline at 1-800-273-8255. Trained counselors are available 24/7 to support you or a loved one.

Know the Signs >> Find the Words >> Reach Out

WSPD- Light A Candle

Available formats:

Static post sized for FB and Instagram (png)

Language:

English and Spanish

**Share hope on World Suicide Prevention Day on
September 10th at 8pm**

Join Each Mind Matters and **light a candle near a window or on social media at 8pm on September 10** as a symbol of hope and support for suicide prevention and in memory of those we have lost to suicide.

tag @EachMindMatters #SuicidePreventionWeek2020

Comparte la esperanza en el Día Mundial de Prevención del Suicidio el 10 de septiembre a las 8 de la noche



Únete con SanaMente y **enciende una vela cerca de una ventana o en las redes sociales a las 8 de la noche el 10 de septiembre** como un símbolo de esperanza y apoyo para la prevención del suicidio y para recordar la pérdida de una persona querida.

Etiqueta @SanaMente #SemanaDePrevenciónDelSuicidio2020



the Mental Health Services Act (Prop 63).

suicideispreventable.org



elsuicidioesprevenible.org

Know the Signs >> Find the Words >> Reach Out

Written Posts

Facebook and Instagram

On September 10th, every year, World Suicide Prevention Day provides the opportunity for people, across the globe, to raise awareness of suicide and suicide prevention. Please join us in honoring those we have lost to suicide and to spread hope to those who are currently struggling by lighting a candle 🕯️ 🕯️ 🕯️ in your window at 8PM on 9/10. Take a picture and tag @EachMindMatters in your pictures and stories. We are hoping to share a pictures symbolizing hope across California. #KnowTheSigns #SuicidePreventionWeek2020 #SuicidePreventionWeek #SuicidePreventionMonth #NationalRecoveryMonth #WorldSuicidePreventionDay

Spanish

Cada año, en el 10 de septiembre, se celebra el Día Mundial para la Prevención del Suicidio, el cual alienta personas a través del mundo a crear concienciación sobre el suicidio y su prevención. Por favor acompáñanos para dar honor a quienes hemos perdido por suicidio y darle esperanza a quienes están luchando, encendiendo una vela 🕯️ 🕯️ 🕯️ en tu ventana a las 8 de la noche el 10 de septiembre. Toma una foto y etiqueta @SanaMente en tus fotos y tus historias. Queremos compartir imágenes simbolizando la esperanza a todo California. #SanaMente #ReconozcaLasSeñales #SemanaDePrevenciónDelSuicidio2020 #SemanaDePrevenciónDelSuicidio #MesDeLaRecuperación #MesNacionalDeLaRecuperación #DiaMundialDeLaPrevenciónDelSuicidio

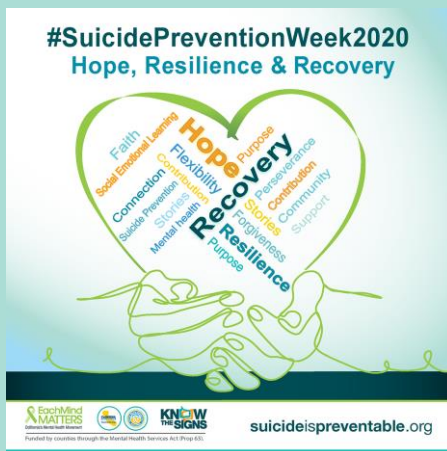
Suicide Prevention Week 2020

Available formats:

Static posts sized for FB and Instagram (png)

Language:

English and Spanish



Know the Signs >> Find the Words >> Reach Out

Written Posts

Facebook

Did you know that Suicide Prevention Month and Recovery Month are both observed in September? The challenges we have experienced so far in 2020 have tested our resiliency and at times dampened our hope. However, throughout difficult times, we have also seen that when we work together, we are more powerful than when we act alone. Now more than ever we need inspiration and a clear vision of hope, recovery and resiliency to unite us and move us forward. Visit www.eachmindmatters.org/SPW2020/ for resources and activities to support you this September.

Instagram

Did you know that Suicide Prevention Month and Recovery Month are both observed in September? The challenges we have experienced so far in 2020 have tested our resiliency and at times dampened our hope. However, throughout difficult times, we have also seen that when we work together, we are more powerful than when we act alone. Now more than ever we need inspiration and a clear vision of hope, recovery and resiliency to unite us and move us forward. Visit the @EachMindMatters online Resource Center to find resources that will support you this September. #KnowTheSigns #SuicidePreventionWeek2020 #SuicidePreventionWeek #SuicidePreventionMonth #NationalRecoveryMonth #WorldSuicidePreventionDay

Spanish

¿Sabías que en septiembre se celebran ambos el Mes de Prevención del Suicidio y el Mes de la Recuperación? Los retos que hemos enfrentado hasta ahora en el 2020 han puesto a prueba nuestra resiliencia y esperanza. Sin embargo, también hemos visto que cuando trabajamos juntos durante tiempos difíciles, somos más poderosos que cuando actuamos solos. Ahora más que nunca, necesitamos inspiración y una visión clara de esperanza, recuperación y resiliencia para unirnos y permitir que salgamos adelante. Para recursos y actividades, visite <https://www.eachmindmatters.org/SPW2020/>