



Supportive Transitions

Reenter, Reconnect & Rebuild

Suicide Prevention Week 2021 Activation Kit

Suicide Prevention Week “Reconnect” Activity Challenge!

Suicide Prevention Week (September 5-11, 2021) and World Suicide Prevention Day (September 10, 2021) is a time when individuals and organizations around the country and the world join their voices to broadcast the message that everyone can play a role in suicide prevention and to remember loved ones lost to suicide. Join in Suicide Prevention Week and World Suicide Prevention day by taking part in the "Reconnect" Activity Challenge! **To view the 2021 Suicide Prevention Activation Kit, as well as download the challenge card visit:** www.suicideispreventable.org/prevention-kit.php.

This is how it works!

1. Download the challenge card and or take a picture and save it to your phone.
2. Review and complete the challenges. Check them off on the challenge card!
3. Post a picture to your social media accounts with the hashtag #Reconnect #SuicidePrevention. Not on social media? Email the card to info@suicideispreventable.org.
4. The first 25 posts or emails received before September 30, 2021 will receive a Mental Health Thrival Kit!

Challenge #1: Reconnect and Create a Safe Space

Feeling connected to friends, family, and our community can be a protective factor for suicide. As we reenter and rebuild the fabrics of our daily life that were disrupted, reconnecting with supportive relationships and practicing positive coping skills is essential for our emotional well-being. **Use this time to reach out to someone in your life and let them know that you are comfortable to talk about anything they need, including suicide, and should they ever come to a point where they are questioning their reasons for living, you will be there to listen and support them.** Creating this safe space at a time when there is no crisis is one way we can play a role in suicide prevention.

Challenge #2: Find the (Cross) Words

Download the [“Know the Signs - Find the Words - Reach Out” Crossword Puzzle](#) and try to solve all of the clues. Take a picture of the solved puzzle and post it to your social media with these hashtags: #SuicidePrevention #Crossword. Interested in other activities? Check out [Trivia](#) and [Bingo](#).

Challenge #3: Like & Learn about a Suicide Prevention Resource

Familiarize yourself with a suicide prevention resource. Visit their website or their social media page and like, share or comment to show your support for the work they do. Find a list of resources [here](#), or visit the website or social media page of your local county behavioral health agency. Many list local resources, training opportunities and events!

Challenge #4: Pause and Take A Breath

Schedule a 10-minute ‘Breathe Break’ into your calendar and use this time to remove distractions and partake in a breathing exercise of your choice. This can be done individually, during a zoom meeting, or even as a family. Find information on different breathing techniques [here](#).

Challenge #5: Light a Candle at 8 p.m. on World Suicide Prevention Day on September 10

On this special day, take some time to show your support for suicide prevention and to remember loved ones lost to suicide by lighting a candle near a window at 8 p.m. Don't forget to share on social media. To learn more about World Suicide Prevention Day, visit <https://www.iasp.info/wspd2021/>.