2023 Suicide Awareness Month Social Media Toolkit

Instructions for Use

The Breaking Through Task Force has created social media posts and graphics for our Dare County partners to use during the month of September 2023. Please only post the designated graphic and text on the day intended. Contact Kelly Fleming at 252.475.5036 or Kelly.Fleming@DareNC.gov for more information.

Date	Graphic	Link	Text
9/1		Graphic #1	September is Suicide Prevention and Awareness Month. Let's break the silence, raise awareness, and save lives together. #BreakTheStigmaOBX #SuicidePreventionMonth #BreakTheSilence

9/4		Graphic #2	Let's prioritize mental health and support those who may be struggling. Check in on your loved ones, lend an ear, and offer a helping hand. #BreakTheStigmaOBX #SupportMatters #MentalHealthSupport
9/5		Graphic #20	Educate yourself about the warning signs of suicide and learn how to help someone in crisis. Knowledge is power. #BreakTheStigmaOBX #SuicidePrevention #KnowledgeIsPower
9/6		Graphic #7	Reach out to a helpline if you or someone you know is in crisis. There is always someone ready to listen and support you. #BreakTheStigmaOBX #Helpline #SupportNetwork

9/7		Graphic #11	Let's end the stigma surrounding mental health. It's okay to not be okay, and it's okay to ask for help. #BreakTheStigmaOBX #EndTheStigma #BreakTheSilence
9/8		Graphic #12	Share your story. By sharing our experiences, we can inspire hope, break down barriers, and let others know they are not alone. #BreakTheStigmaOBX #ShareYourStory #InspireHope
9/11		Graphic #17	Spread awareness about suicide prevention resources and organizations. Together, we can make a difference. #BreakTheStigmaOBX #SpreadAwareness #MakeADifference

9/12		Graphic #10	Take a moment to check in on friends, family, and colleagues. A simple conversation can save a life. #BreakTheStigmaOBX #CheckIn #SaveALife
9/13		Graphic #3	Let's create a world where mental health is a priority and seeking help is encouraged and supported. #BreakTheStigmaOBX #MentalHealthMatters #SeekHelp
9/14		Graphic #18	Spread hope, positivity and kindness. Your words and actions can inspire someone to keep going, even in their darkest moments. #BreakTheStigmaOBX #SpreadHope #StayStrong

9/15		Graphic #4	Let's build a community where everyone feels safe, supported, and valued. Together, we can create a world without suicide. #BreakTheStigmaOBX #SafeCommunity #NoSuicide
9/18		Graphic #19	Remember, asking for help is a sign of strength, not weakness. Reach out to a professional, a friend, or a helpline. Each year millions of Americans think about or attempt suicide. You are not alone. #BreakTheStigmaOBX #StrengthInAsking #YouAreStrong
9/19		Graphic #9	Be a listening ear. Sometimes, all someone needs is someone who will listen without judgment. #BreakTheStigmaOBX #ListenWithoutJudgment #SupportiveEar

9/20		Graphic #15	Educate yourself about mental health and suicide prevention. Knowledge empowers us to make a difference. #BreakTheStigmaOBX #EducateYourself #Empowerment
9/21		Graphic #21	Suicide is related to brain functions that affect decision-making and behavioral control, making it difficult for people to find positive solutions. Suicide is preventable. #BreakTheStigmaOBX
9/22		Graphic #5	Recognizing the warning signs of suicide can help identify individuals who may be at risk. #BreakTheStigmaOBX

9/25		Graphic #6	Restricting access to lethal means, such as firearms or medications, can significantly reduce the risk of suicide. This includes safely storing firearms and properly disposing of unused medications. #BreakTheStigmaOBX
9/28		Graphic #8	Mental health plays a significant role: Mental health conditions, such as depression, anxiety, bipolar disorder, and substance abuse, are often associated with suicide. Identifying and addressing these conditions can be crucial in preventing suicide. #BreakTheStigmaOBX
9/29		Graphic #16	Treatment options are available. In addition to use of medications, specific treatments used by mental health professionals, such as Cognitive Behavior Therapy-SP and Dialectical Behavior Therapy, have been proven to help people manage their suicidal ideation and behavior. #BreakTheStigmaOBX

9/30		Graphic #13	Suicide prevention is a collective responsibility. Each individual can make a difference by educating themselves, supporting others, and advocating for mental health resources and policies that prioritize suicide prevention. #BreakTheStigmaOBX
9/31		Graphic #22	Let's make every month Suicide Prevention and Awareness Month. Together, we can save lives and create a world where mental health is a priority. #BreakTheStigmaOBX #EveryMonthMatters #SaveLives