

## **SEPTEMBER: Suicide Prevention Awareness Month**

**By Denise Holcomb**

September is Suicide Prevention Awareness Month. Suicide Prevention Week begins on September 4 and ends on September 10. With September 10<sup>th</sup> being World Suicide Prevention Day. What is National Suicide Prevention Week about? It is an annual campaign in the United States to educate and enlighten the public about suicide prevention and the warning signs of suicide.

This type of campaign helps to reduce the stigma associated with suicide and is a liaison to inspire and implement the interest of mental health in our communities. What can you do to help remove the stigma associated with suicide?

### **1. Take a suicide prevention training?**

Suicide Prevention Training is for everyone. It's a prevention training that can teach you how to ask the right questions, listen for the call for help, and respond appropriately. Though, every call for help does not mean a person is thinking of suicide, being there and offering hope when a person is at their weakest mentally may help save a life. Call us today and schedule your free training - 216.835.0083.

### **2. Educate others with your knowledge.**

Share with others your own story. Rather it's your own mental illness challenges or how suicide has affected your life and your loved ones. Share. Why? Because "Knowledge is Powerful!"

### **3. Attend an event.**

There are many organizations offering events that are planned around hope and healing, and awareness, Although September is National Suicide Prevention month there are events all year-round which focus on mental illness, mental health, and suicide prevention. September 10<sup>th</sup> for example is World Suicide Prevention Day, and November 19<sup>th</sup>, is International Survivors of Suicide Loss Day. For more information on events feel free to contact our office or email us at [info@rtstigma.org](mailto:info@rtstigma.org).

### **4. Volunteer.**

Yes volunteer. Volunteering for a cause you believe in, always brings a sense of joy, and fulfillment. At Removing The Stigma, we are always looking for volunteers.

### **5. Be the one.**

Be the one in your community to help bring hope, by being the support person. Let your community know you care. Find one person each day, to bring a little cheer to. Maybe, something as simple as cooking a meal, baking a cake, walking the kids to school, just being the one. Being the one is important, because people hurt in silence, and that person may just be the one person who needed you that day.

Let's together remove the stigma associated with suicide and mental illness, by being a part of the journey in someone's life to hope, and healing.

*Denise Holcomb is Founder and Executive Director of Removing The Stigma. Removing The Stigma is a non-profit organization, located in Cleveland, Ohio. Although, the organization received its non-profit status in 2020, the organization started its mission to remove the stigma associated with mental illness and suicide in 2013. Their vision to bring hope, healing, and wellness to the community has been a rewarding challenge as they watch lives change. Denise Holcomb is a Speaker, Mental Health Advocate, Mental Health Peer Supporter, Mental Health Coach, Bereavement Clinician, and a Suicide Prevention trainer. Her passion to bring hope, healing, and wellness is the greatest desire for everyone who enters her organization. You can read and listen to parts of her story a by going to <https://www.rtstigma.org/contact-denise>, and while there check out the entire website and consider becoming a part of this unique movement of change.*