**Send Date:** Thursday, September 10th, 2020

**Email Subject:** “Get Involved In World Suicide Prevention Day”

It is World Suicide Prevention Day! Observed each year on September 10th, World Suicide Prevention Day provides the opportunity for people, communities and organizations around the globe to raise awareness of suicide and suicide prevention. Today is a day where we are reminded that everyone can play a role in suicide prevention, as preventing suicide is truly a community effort.

On this special day, take some time to join thousands around the globe in showing your support and raising awareness for suicide prevention. Learn the warning signs for suicide, find the words to express concern to those you care about, connect with your friends, families and co-workers and reach out for help. Here’s additional ways to get involved:

* Join in World Suicide Prevention Day celebrations and light a candle near a window at 8PM. Find “Light a Candle Near a Window at 8 PM” postcards in various languages [here](https://www.iasp.info/wspd2020/light-a-candle/).
* Put together bags with resources, including materials from the kit, and host a ‘World Suicide Prevention Day Drive Through’ where people can come and pick up free resource kits.
* Take [Each Mind Matters Pledge](https://www.eachmindmatters.org/get-involved/speak-up/take-a-pledge/) to share how you’re strengthening California’s Mental Health Movement.
* Play “The Rock” or “Reconozca Las Señales” 30-second radio spots while callers are placed on hold to local 2-1-1 or county access lines or reach out to a local radio station. The spots can be customized.

To learn more about World Suicide Prevention Day, visit <https://www.iasp.info/wspd2020/>**.**

Find even more activities in [Each Mind Matters Suicide Prevention Week 2020 Kit here](https://www.eachmindmatters.org/spw2020/).

Connect with Each Mind Matters and thousands throughout the country during Suicide Prevention Week and National Recovery Month online by tagging @EachMindMatters and using hashtags #EachMindMatters #SuicidePreventionWeek2020 #NationalRecoveryMonth #KnowTheSigns. Today utilize the hashtag #WorldSuicidePreventionDay