This year we’re encouraging people to create a safety net for those who are struggling – themselves included – by educating and inspiring them to feel as comfortable talking about mental health as they would their physical health. Check out this Toolkit for inspiration!

Opportunities

Become an IAIA Suicide Prevention Gatekeeper. Training once a month, more to come...prevention@iaia.edu

Articles

Worried about someone feeling depressed?

Coping and self harm

When your friend is talking about suicide

When someone takes their own life: How you might feel

Suicide can be prevented

By educating our friends and family about suicide and mental illness we can spread the word that suicide CAN BE PREVENTED. To get help or give help, call 1-800-273-TALK (8255) or text START to 741741 to chat via text.

What can you do?

➢ How to spot warning signs
➢ Support your LGBTQ2S+ relatives
➢ Share your story @ WeRNative
➢ Listen to the stories of your community

National Suicide Prevention Week Sept. 7-15, 2019

Image: WeRNative.org

#WeNeedYouHere

#IWillLive

By educating our friends and family about suicide and mental illness we can spread the word that suicide CAN BE PREVENTED. To get help or give help, call 1-800-273-TALK (8255) or text START to 741741 to chat via text.

What can you do?

➢ How to spot warning signs
➢ Support your LGBTQ2S+ relatives
➢ Share your story @ WeRNative
➢ Listen to the stories of your community

National LIFELINE Hotline Information

IAIA Mental Health Counseling

Contact: Eliza Combs, eliza.combs@iaia.edu  p: 505.424.3798  Mila Anguluan, mila.angulan@iaia.edu,  p: 505.424.2385  Campus Security: 505.377.1660