

SUICIDE PREVENTION

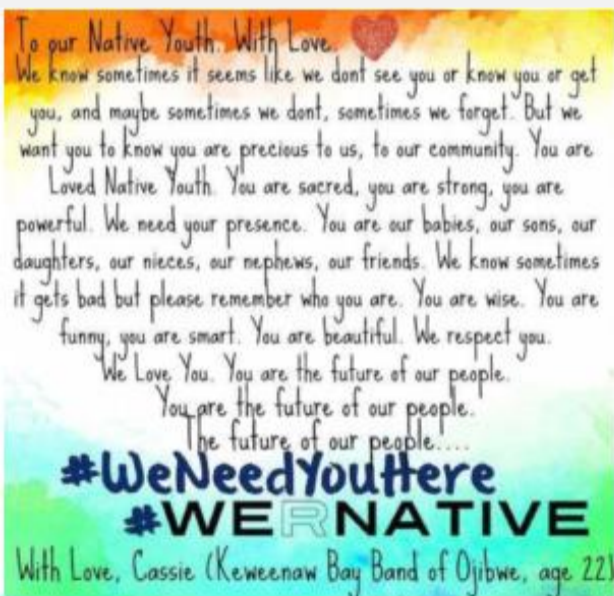
September 2019



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!

National Suicide Prevention Week *Sept. 7-15, 2019*

Image: WeRNative.org



#WeNeedYouHere

Opportunities

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

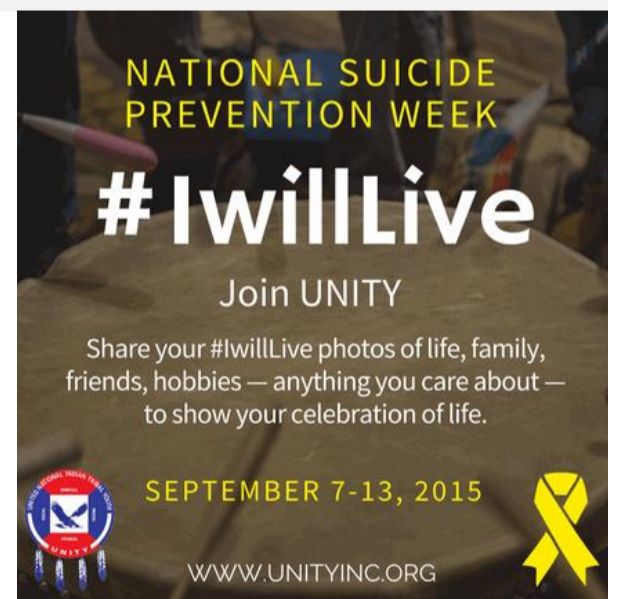
Articles

[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](#)



#IWillLive

Suicide can be prevented

National LIFELINE Hotline Information

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](#)



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Also visit us online:

CLICK: [IAIA Prevention](#)



IAIA Mental Health Counseling

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