



SEPTEMBER IS NATIONAL SUICIDE PREVENTION MONTH

Make a difference by taking these **5 easy action steps** and joining the worldwide movement to save lives.



LEARN

The Warning Signs, Risk Factors, and Protective Factors



KNOW

How to Help Yourself, How to Help Others



DO

Raise Awareness, Advocate for Change, Volunteer, Practice Self-Care



TALK

About Suicide, Dispel Myths, Reduce Stigma



SHARE

The Take 5 Campaign with Others

AUXILIARY MEMBERS

More info in the September V&FS Promotion on the vfwauxca.org website.

Visit the V&FS Page under Member Resources in MALTA to download your Veteran & Military Suicide Awareness Teardrop Stickers



Take5toSaveLives.org is a project of The National Council for Suicide Prevention and is supported by other national organizations. Visit our website for information on what you can do to support Take5toSaveLives.org.

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