

Suicide Prevention Awareness Month

Starting the conversation

Monthly well-being tip

Take a moment to genuinely check in with yourself and others. Asking someone how they're really doing — and listening without judgment — can make a powerful difference. You don't need to have answers or solutions; being present and showing that you care may help reduce isolation and build connection, which may help support suicide prevention.*

Well-being information

Talking about mental health and suicide does not increase risk. Research shows that open, caring conversations can help reduce stigma and may make it more likely someone will seek support. Sometimes, one honest check-in can truly make a difference.*

What you should know

Know the warning signs. Warning signs of suicide can show up in what someone says, how they feel or how they behave. These may include talking about wanting to die or feeling hopeless, expressing intense emotional pain, withdrawing from others, dramatic mood changes, increased use of alcohol or drugs, or major changes in sleep, behavior, or routines.

Warning signs may appear suddenly or they may be connected to a stressful life event or loss. **Warning signs should always be taken seriously.** Recognizing these signs and responding with care — by checking in, listening and connecting someone to support options — can help save lives.*

WELLNESS OBSERVANCES/ DAYS*

- Suicide Prevention Awareness Month
- Fruits & Vegetables – More Matters Month®
- Healthy Aging Month
- National Childhood Obesity Awareness Month
- National Sickle Cell Awareness Month
- Blood cancer awareness month
- Childhood Cancer Awareness Month
- National Food Safety Education Month
- Ovarian Cancer Awareness Month
- Prostate Cancer Awareness Month

IN-SEASON PRODUCE

- Apples - Support heart health*
- Avocados - Contain healthy fats*
- Broccoli - Support immunity*
- Sweet potatoes - Support energy*
- Beets - Support blood pressure*

*FOR MONTHLY WELL-BEING TIP + WELL-BEING INFORMATION SOURCE: National Alliance on Mental Illness. [Suicide Prevention Month](#). Accessed April 10, 2026.

*FOR WHAT YOU SHOULD KNOW SOURCE: National Institute of Mental Health. [Warning signs of suicide](#). 2025. Accessed April 10, 2026.

*FOR WELLNESS OBSERVANCES SOURCE: SOPHE. [National health observances](#). Accessed April 10, 2026.

*FOR APPLES AND AVOCADOS SOURCE: Bailey MM. Center for Science in the Public Interest. August 30, 2024.

[What's in season: September produce guide](#). Accessed April 10, 2026.

*FOR BROCCOLI, SWEET POTATOES AND BEETS SOURCE: U.S. Department of Agriculture. [Fall produce](#). Accessed April 10, 2026.

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What you should know (continued)*

Help for you. Talking with someone about your thoughts and feelings may help save your life. There are steps you can take to keep yourself safe through a crisis. Call or text **988** at any time or chat online with the **988 Suicide & Crisis Lifeline**.

Reaching out for help is a sign of strength. You can also visit **FindSupport.gov** to get support and find resources on:

- Finding low- or no-cost support
- Asking for help
- Learning about treatment

Help for someone you know. Learn how to recognize the warning signs when someone's at risk and what steps you can take to help support them. Learn how to talk about mental health to help you speak to a loved one who you may be think is experiencing mental health changes.

If you believe someone may be in danger of suicide:

- **Call 911** if they may be in danger of harming themselves.
- **Call or text 988** to reach the 988 Suicide & Crisis Lifeline to talk to trained crisis counselor.
- **Ask them** if they are thinking about suicide or self harm. This will not put the idea into their head or make it more likely that they will attempt suicide.
- **Listen** without judging and show you care.
- **Stay with the person** or make sure the person is in a private, secure place with another caring person until you can get further help.
- **Remove any objects** that could be used in a suicide attempt.



Promoting Suicide Prevention Awareness Month is an opportunity to focus on hope, connection and caring for one another. By sharing information, encouraging open conversations and highlighting available support options, we can help create a culture where people feel seen, supported and comfortable reaching out for help. Awareness efforts remind us that **mental health matters just as much as physical health** — and that small actions, like checking in on a colleague or sharing resources, can help make a meaningful difference. Together, we can help reduce stigma, strengthen understanding and reinforce an important message: **No one is alone and help is always available.**

*FOR WHAT YOU SHOULD KNOW SOURCE: Substance Abuse and Mental Health Services Administration. August 27, 2024. **Suicide prevention**. Accessed April 10, 2026.

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Apple spinach salad*

Ingredients

- 4 cups spinach leaves
- 2 tablespoons canola oil
- 2 1/2 tablespoons cider vinegar
- 1 tablespoon sugar
- 1/4 teaspoon salt
- 1/4 cup red onion (chopped)
- 1 medium apple (tart, cut into bite-sized chunks)
- 1/4 cup raisins (or dried cranberries)



Instructions

1. Wash spinach thoroughly. Pat dry or spin in a salad spinner.
2. Tear spinach into bite-sized pieces and place in a large bowl. Set aside.
3. In a small bowl, mix oil, vinegar, sugar and salt.
4. Add the apple, onion and dried fruit to the oil mixture and toss to coat apples. Let stand 10 minutes.
5. Combine ingredients together in the large bowl of spinach and serve.
6. Refrigerate leftovers.

Tips

- The spinach and oil/vinegar mixture can be prepared ahead of time and stored separately in the refrigerator.
- To keep the apple from getting brown, cut the apple and add to the oil/vinegar mixture, then assemble the salad just before serving. The vinegar in the dressing keeps the apple from browning.
- For a complete meal, add slices of baked or grilled chicken breast. Serve with a slice of whole wheat bread and a glass of skim milk.
- Add feta or walnuts for additional flavor.

*FOR APPLE SPINACH RECIPE SOURCE: U.S. Department of Agriculture. [Apple spinach salad](#). Accessed April 10, 2026.

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