

# Suicide Prevention Through Safe Messaging and Media Recommendations

**Save the Date: January 7, 2021 10am to 11:30am**  
**VIRTUAL LIVE TRAINING** (*Registration Required*)

There is NO CHARGE for this program – space is limited to media outlets and those involved in communicating around traumatic incidents in NH.

**REGISTER TODAY:**

<https://attendee.gotowebinar.com/register/9081305650354947854>

This program by NAMI New Hampshire is offered to members of the media and others who have a role in communicating around suicide incidents and postvention response such as public health specialists, crisis response teams, public information officers, law enforcement and school/campus officials.

The way we communicate about suicide has a powerful role in suicide prevention and postvention efforts. This presentation reviews the evidence base for promoting responsible reporting of suicide and teaches participants strategies for challenging messaging assumptions/narratives about suicide and promoting safe messaging. In addition, the workshop will review action steps and guidelines in communicating about and responding to traumatic incidents such as suicide to promote healing and reduce risk for vulnerable populations.

## Objectives:

- Understand the effect of safe messaging on suicide contagion
- Analyze use of media to reduce risk and disseminate resources
- Discuss strategies for implementing safe messaging strategies in schools, organizations and municipalities

*If you have questions about your participation and/or want information please contact: Kelley Caravona:*

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## SUICIDE WARNING SIGNS

If you or someone you know exhibits any of the following signs, seek help as soon as possible by contacting a mental health professional or by calling:

**National Suicide Prevention Lifeline**

**1-800-273-8255**

**Crisis Text Line 741741**

## WARNING SIGNS INCLUDE:

- Threatening to hurt or kill oneself or talking about wanting to hurt or kill oneself.
- Looking for ways to kill oneself by seeking access to firearms, available pills, or other means.
- Talking or writing about death, dying, or suicide.
- Feeling hopeless.
- Feeling rage or uncontrolled anger or seeking revenge.
- Acting reckless or engaging in risky activities – seemingly without thinking.
- Feeling trapped – like there's no way out.
- Increasing alcohol or drug use.
- Withdrawing from friends, family, and society.
- Feeling anxious, agitated, or unable to sleep or sleeping all the time.
- Experiencing dramatic mood changes.
- Seeing no reason for living or having no sense of purpose in life.

*This training is made possible through a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA)*

*Resources for Survivors of Suicide Loss are available at:*  
<https://theconnectprogram.org/find-support/coping-with-suicide-loss/>

There is NO CHARGE for this program, but space is limited to youth serving organizations in NH and RSVPs are required. Registrations may be canceled due to space or registration requirements.

*This program is offered through support of the NH Department of Health and Human Services, Bureau of Behavioral Health*



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