

Suicide Prevention

Awareness Month

September is **Suicide Prevention Month** — a time to raise awareness of this stigmatized, and often taboo, topic. We use this month to shift public perception, spread hope and share vital information to people affected by suicide. Our goal is ensuring that individuals, friends and families have access to the resources they need to discuss suicide prevention and to seek help.

This September, let's:

- Raise awareness for suicide prevention and treatment
- Know the risks and warning signs for suicide
- What to do when you or someone else may be experiencing a crisis

NAMI Crisis Resources:

- If you or someone you know is experiencing a mental health crisis, call or text 988 immediately.
- If you are uncomfortable talking on the phone, you can chat the Suicide & Crisis Lifeline at [988lifeline.org](https://www.988lifeline.org).
- You can also text NAMI to 741-741 to be connected to a free, trained crisis counselor on the Crisis Text Line.
- [Know the Warning Signs and Risk Factors of Suicide](#)

HSC Resources:

- If you are concerned for a student, you can refer them to the **Care Team** via (817) 735 - 2740, or submit a concern on the online [reporting form](#).
- **TimelyCare** is our Student Support Program that offers 24/7 mental health support for our students. HSC students can create a FREE account with TimelyCare at [timelycare.com/unthsc](https://www.timelycare.com/unthsc).
- **HSC's Student Health Clinic** offers in-person and virtual counseling appointments with Behavioral Health Counselor, Conchita Andrijeski. Call (817) 735 - 5051 to schedule an appointment today.



Office of
Care and Civility