

# TAKE 5 TO SAVE LIVES

World Suicide Prevention Day

September 10th is  
World Suicide Prevention Day.

Join a national movement  
to change lives and save lives.

The National Council for Suicide Prevention is organizing the mental health and suicide prevention communities to spread the word about World Suicide Prevention Day on September 10th and the **Take 5 to Save Lives** campaign ([www.take5tosavelives.com](http://www.take5tosavelives.com)).

The campaign asks supporters to take 5 steps: 1) Learn the signs 2) Join the movement 3) Spread the word 4) Support a friend 5) Reach out if you need help.

We are encouraging everyone to use their social media channels to spread the word about World Suicide Prevention Day and lend their support. Below are suggested posts for Twitter and Facebook.

## Suggested Tweets\*:

Individuals: It's World Suicide Prevention day and I'm Taking 5 to Save Lives. RT [www.take5tosavelives.com](http://www.take5tosavelives.com) #take5

Organizations: It's World Suicide Prevention day, Take 5 to Save Lives. RT [www.take5tosavelives.com](http://www.take5tosavelives.com) #take5

## Suggested Facebook Posts:

Individuals: It's World Suicide Prevention day and I'm Taking 5 to Save Lives. Join the movement by visiting [www.take5tosavelives.com](http://www.take5tosavelives.com) and updating your status with this message.

Organizations: It's World Suicide Prevention day, Take 5 to Save Lives. Join the movement by visiting [www.take5tosavelives.com](http://www.take5tosavelives.com) and updating your status with this message.



\* On Twitter, the hashtag #take5 should be used in all tweets.

[www.take5tosavelives.com](http://www.take5tosavelives.com)