

# SEPTEMBER 2023 SUICIDE PREVENTION WEEK 9/10 - 9/16



## "NONE CAN DO ALONE WHAT WE CAN DO TOGETHER."



**JOIN THE SUICIDE PREVENTION COUNCIL OF ROANOKE VALLEY  
(SPCRV) AND BLUE RIDGE BEHAVIORAL HEALTHCARE AS WE  
FOCUS ON MENTAL HEALTH IN SEPTEMBER.**

**"A quarter to a third of our lives will be spent in the workplace. On a daily basis, we will spend more waking hours in our workplace than at home, and experience more exchanges with team members than family members. Job satisfaction and levels of productivity depend on workplace culture, work demands, work support, and work rewards."**

*(Mind the Workplace Report, Mental Health America, 2022)*

We are asking local businesses/agencies around the Roanoke Valley to help promote positive mental health messaging and resources to their staff. Together we can support one another!

We are offering a contest, ideas for activities, and helpful resources.

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FOR INFORMATION VISIT  
[www.brhb.org/suicide-prevention/#campaigns](http://www.brhb.org/suicide-prevention/#campaigns)  
or CALL 540-982-1427 ext. 5117  
or EMAIL Sheila at [slythgoe@brhb.org](mailto:slythgoe@brhb.org)

## HOW TO GET INVOLVED

1. DESIGNATE SEPTEMBER 10-16, 2023 AS *SUICIDE PREVENTION WEEK* AT YOUR PLACE OF WORK BY PROMOTING MENTAL HEALTH AND WELL-BEING.
2. CREATE AND IMPLEMENT A MENTAL HEALTH AWARENESS ACTIVITY - see page 3 for examples but you can also come up with your own ideas. THINK 'SCHOOL SPIRIT WEEK'.
3. INCORPORATE THE THEME "NONE CAN DO ALONE WHAT WE CAN DO TOGETHER" IN ACTIVITIES.
4. FOLLOW SPCRV ON FACEBOOK, LINKEDIN, AND INSTAGRAM.
5. TAG **@SPCRV** ON ANY POSTS YOU MAKE ON SOCIAL MEDIA, IF POSSIBLE, AS WELL AS SUBMIT PHOTOS OR VIDEOS FOR A CHANCE TO WIN EXPOSURE FOR YOUR BUSINESS ON SPCRV'S SOCIAL MEDIA VIA BOOSTED POSTS!



**FOLLOW US!**



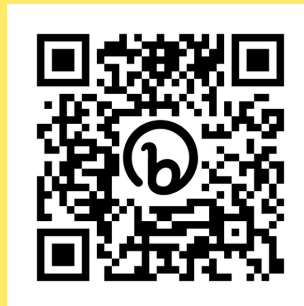
**@SPCRV**

**Please click below to sign up if you wish to participate in Suicide Prevention Week!**

**PLEASE SUBMIT YOUR PHOTOS AND VIDEOS BY 9/20/23.  
FIVE WINNERS WILL BE SELECTED AND CONTACTED BY 9/22/23.**



SIGN UP [HERE](#) IF YOUR BUSINESS/AGENCY WOULD LIKE TO PARTICIPATE, OR SCAN QR CODE



## SUGGESTED IDEAS FOR AWARENESS ACTIVITIES

### SPIRIT DAY

Wear purple or teal for suicide prevention, wear green for mental health awareness. It can be as simple as wearing ribbons!

### DOOR DECORATING CONTEST

Challenge staff to decorate their doors with positive mental health promotion messages.

### BUSINESS-WIDE 'PAY IT FORWARD' OR VOLUNTEER EVENT

### SET UP A TABLE OF RESOURCES ON SELF-CARE FOR YOUR EMPLOYEES

STAFF BREAK TIME WITH A FUN FOOD OR ACTIVITY! (Donuts, Games, etc.)

### OFFER A WORKSHOP

Suggested topics: stress management, healthy eating, time management, etc.

### SELF-CARE DAY

Have self-care stations at lunch, make positive announcements to start the day, post positive quotes and/or ways to participate in self-care around your business, post tips for self-care on your social media.

**POSTER CONTEST WITH POSITIVE MESSAGES, THEN POST THROUGHOUT YOUR BUSINESS (LOBBY, BREAKROOM, STALL DOORS, ETC.)**

**CREATE AN ENCOURAGEMENT WALL WHERE STAFF CAN LEAVE POSITIVE MESSAGES FOR ONE ANOTHER.**

**BRING YOUR PET TO WORK DAY OR HAVE STAFF POST A PICTURE OF THEIR PET**

**HAND OUT GOODY BAGS WITH A FOCUS ON SELF-CARE**

**OFFER A FREE CLASS THAT WOULD APPEAL TO YOUR STAFF.** (e.g., yoga, fly fishing, painting, woodwork, etc.)

***BE CREATIVE AND ASK YOUR STAFF TO HELP WITH PLANNING!***

## REQUEST MENTAL HEALTH STICKERS!

We have a limited number of stickers available so first come, first serve!



## RESOURCES

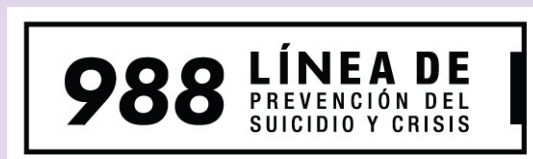
## MENTAL HEALTH IS AS IMPORTANT AS PHYSICAL HEALTH!!

**BLUE RIDGE BEHAVIORAL HEALTHCARE**  
**24-HOUR CRISIS LINE: 540-981-9351**  
**REFERRAL AND ASSESSMENT: 540-343-3007**  
**www.brbh.org**

**CONNECT: 1-800-284-8898 OR 540-981-8181 (24/7)**

**ACCESS AND RESPONSE CENTER: 1-800-541-9992 OR 540-776-1100 (24/7)**

**CHECK INTO YOUR COMPANY'S EMPLOYEE ASSISTANCE PROGRAM**



## HELPFUL LINKS

[5 Ways to Improve Employee Mental Health](#)

[How can employees promote mental health in the workplace?](#)

[Mental Health in the Workplace](#)

[NAMI: The Mental Health Movement in the Workplace](#)

