Family & Children's SERVICES

SEPTEMBER 2022
SUICIDE PREVENTION MONTH

TOMORROW NEEDS YOU

September is National Suicide Prevention month. Suicide rates in our community are on the rise. Through this campaign, the goal of Family & Children's Services (F&CS) is to raise awareness, encourage honest conversations about suicide, share prevention best practices, and share where to ask for help.

TALK SAVES LIVES – IT'S OK TO ASK FOR HELP

We will be taking a closer look at key elements from "Talk Saves Lives," an education program F&CS teaches, created by the American Foundation of Suicide Prevention. We will do this through:

- **Short videos** featuring F&CS staff with tips on how to spot the warning signs for someone contemplating suicide and how to get help. Themes will feature "It's Okay to Ask for Help," "Talk Saves Lives," and "Tomorrow Needs You." Videos will be shared on F&CS's Facebook and Instagram feeds.
- **Sharing stories** about the innovative partnership between F&CS COPES (Community Outreach Psychiatric Emergency Services team), Tulsa Public Schools (TPS) and the Tulsa Center for Behaviorial Health.

  Projects resulting from this partnership include mobile crisis services, educator training, prevention services, therapy, psychological first aid, parent engagement psycho-educational groups and service coordination.

SEPT 24

- **Out of the Darkness Walk** – River Walk Crossing, 300 Riverwalk Terrace, Jenks, 10am
- **Tomorrow Needs You Chalking** – COPES is partnering with Tulsa Young Professionals, F&CS's Young Professional Advisory Council (YPAC) and area students to create sidewalk chart artwork focused on suicide prevention at area schools. Schools will also be offered a 2–3-minute video to share with students on how to help if someone is contemplating suicide.
- **Ahha Tulsa mural creation** (101 E. Archer St.) focused on suicide prevention. Via social media, the community will be invited to take their picture in front of the mural.

SEPT 27

- **COPES at the Veteran's Administration Resource Fair –** Ernest Childers VA Outpatient Clinic, 8921 S. Mingo Rd., Tulsa, Overflow Parking Lot, 3pm-6pm

These activities are made possible by the partial funding from:

OKLAHOMA Mental Health & Substance Abuse

United Way Tulsa Area United Way