

# SEPTEMBER 10<sup>TH</sup> IS WORLD SUICIDE PREVENTION DAY



LEARN THE SIGNS



KNOW HOW TO HELP



PRACTICE SELF CARE



REACH OUT



SPREAD THE WORD

## TAKE **5** TO SAVE LIVES

[Take5toSaveLives.org](http://Take5toSaveLives.org)

More people in the world die from suicide than by war and murder combined.

September 10 is World Suicide Prevention Day, and you can make a difference. By taking 5 minutes to get involved and become informed, you will be part of a worldwide movement to save lives.

**YOUR 5 MINUTES COULD BE A LIFELINE FOR SOMEONE ELSE**



Join the Take 5 Movement - [#take5tosavelives](https://twitter.com/take5tosavelives)

Follow Take 5 on Facebook: [/take5tosavelives](https://www.facebook.com/take5tosavelives)  
and Twitter: [@take5tosavelives](https://twitter.com/take5tosavelives)  
and Instagram: [@take5tosavelives](https://www.instagram.com/take5tosavelives)



Are you a business or organization?

Partner with Take 5 - sign up at [take5tosavelives.org/partners](http://take5tosavelives.org/partners)



Take5toSaveLives.org is a project of The National Council for Suicide Prevention and is supported by other national organizations. Visit our website for information on what you can do to support Take5toSaveLives.org.

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