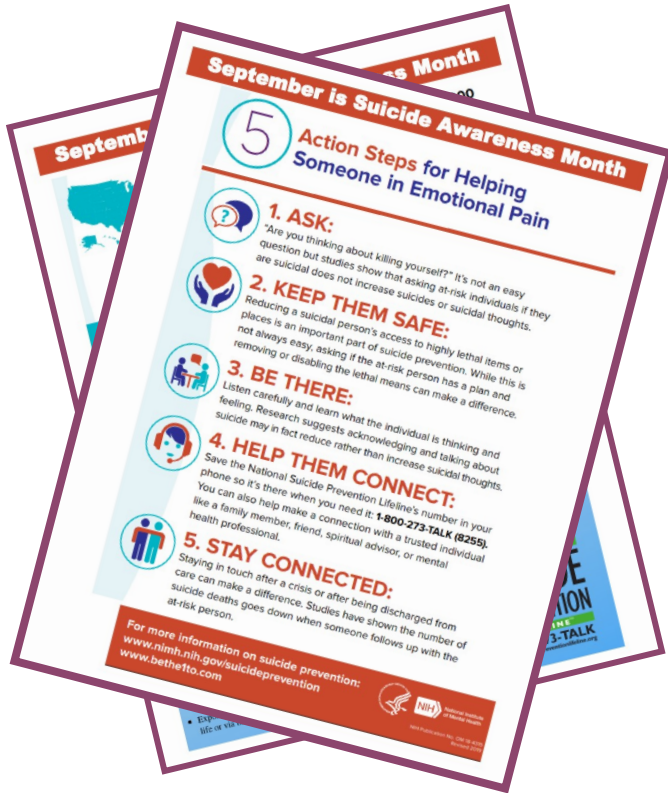


Instructional Guide for Helping Someone in Crisis[®]

Healthcare Professional Awareness Kit

5 Action Steps Handout



Ideas for use-

- Place these in your office lobby. Download the PDF onto a jump drive and take it to a print shop for printing.
 - Printing instructions: Double sided, in color, and on premium paper.
- Attach this to an email to patients and colleagues with a note about it being Suicide Awareness Month. See our email templates below.
- Place this on your website and guide the lay community to the handout

Content for 5 Action Steps generously provided by NIMH. Bethe1to.com

Social Media Posts



Ideas for use

- Post these on your social media channels (Facebook, Instagram, and Twitter) the first and third Monday of September.
- Link the posts to the 5 Action Steps Handout link on your website.

Provided as a community service to our healthcare colleagues by
Erin Amato, MD and the team at Montana Psychiatry & Brain Health Center
www.mtpsychiatry.com ♦ 406-839-2985

