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NEWS RELEASE

FOR IMMEDIATE RELEASE

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Creating Hope Through Action During Suicide Prevention Awareness Month

Horizon Public Health is recognizing Suicide Prevention Awareness Month this September by promoting the statewide theme “Creating Hope Through Action” and partnering with CredibleMind, a leading mental health and well-being platform. Together, we want to encourage open conversations about mental health, reduce stigma, and make sure everyone knows that help and hope are always within reach.

“Talking about suicide can feel difficult, but it’s also one of the most powerful steps we can take toward healing and hope,” said Lydia Nash, Substance Misuse and Suicide Prevention Coordinator at Horizon Public Health. “This month, we are reminding our community of four simple but important ways you can make a difference.”

- Learn the warning signs: Knowing what to look for can help you recognize when someone may be struggling.
- Reach out: A simple conversation with a friend, family member, or trusted person can go a long way.
- Connect to protect: Strong relationships are lifesaving.
- Advocate for change: Your voice matters. Help normalize talking about mental health and sharing resources.

No one should feel alone. The Horizon Public Health CredibleMind platform offers easy-to-use resources, tools, and information to support mental health and well-being. Explore it here: <https://horizonpublichealth.crediblemind.com/>

And remember, if you or someone you know is in crisis, you can call or text 988 to connect with the Suicide & Crisis Lifeline. Support is available 24/7.

Together, we can create a supportive community where everyone feels valued, connected, and hopeful.

-HPH-

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