

SUICIDE PREVENTION MONTH 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <u>What is MSPN</u>	2 Learn about <u>Missouri's Suicide Prevention Plan</u>	3 Register for the <u>MSPN Race Against Suicide</u> or an <u>Out of the Darkness Walk</u>	4 Visit the YAB Storefront	5 Share a MSPN or Missouri 988 post on social media
6 Go outside and enjoy nature	7 Put the <u>988 logo</u> in your email signature	8 It's 988 Day—tell one person about the 988 Suicide & Crisis Lifeline.	9 Learn about the <u>difference between 988 and 911</u>	10 Light a candle for World Suicide Prevention Day	11 Check out the <u>Missouri Suicide Prevention Advocacy Handbook</u>	12 <u>Risk Factors, Protective Factors, and Warning Signs</u>
13 Connect with a family member or friend	14 <u>Share the MO 988 Guide for Schools</u>	15 <u>Watch a previous Community Conversations presentation</u>	16 Register to attend the <u>October virtual Community Conversation</u>	17 <u>Check the list of registered coalitions</u>	18 <u>Invite a MSPN member or a local coalition member to discuss suicide prevention efforts.</u>	19 <u>Safely dispose of unused or expired medication</u>
20 Download and color a page from the <u>988 coloring book</u>	21 <u>Watch the MO Governor's Challenge Safety Plan video</u>	22 On **Buddy Check 22** day, check in with a service member, veteran or family member	23 Learn about lethal means <u>safety</u> from Safer Homes Collaborative	24 <u>Suicide in Missouri: Where We Stand</u>	25 <u>Watch the Safe Firearm Storage Video</u>	26 <u>Participate in or volunteer at the Race Against Suicide 5K</u>
27 Make a gratitude list/Hope Note	28 <u>Donate Today.</u>	29 Promote or complete the free <u>MO Ask, Listen, Refer training</u>	30 <u>Check out resources and suggest more</u>			

