**Hospital Program - Suicide Prevention and Mental Health Awareness**

**Make the Connection** [www.maketheconnection.net](http://www.maketheconnection.net)

**Veterans Crisis Line** [www.veteranscrisisline.net](http://www.veteranscrisisline.net)

American Foundation for Suicide Prevention is also an organization devoted to **Suicide Prevention and Mental Health Awareness.**

Last year more than 2,000 suicide [prevention programs](https://afsp.us1.list-manage.com/track/click?u=db11a6f2940a2b3d1fa0b2fe7&id=429e81d139&e=fc2c7c526a) were delivered in schools, workplaces, healthcare, and community settings. More than 20,000 volunteers [advocated](https://afsp.us1.list-manage.com/track/click?u=db11a6f2940a2b3d1fa0b2fe7&id=d616233fd5&e=fc2c7c526a) on behalf of mental health and suicide prevention policy at the Federal and State level. AFSP invested in 26 new suicide prevention [research](https://afsp.us1.list-manage.com/track/click?u=db11a6f2940a2b3d1fa0b2fe7&id=ec74deb3a2&e=fc2c7c526a) studies and managed more than 100 [Interactive Screening Program](https://afsp.us1.list-manage.com/track/click?u=db11a6f2940a2b3d1fa0b2fe7&id=b6edaa9ca3&e=fc2c7c526a) sites to connect individuals to mental health services before a crisis emerges. Their volunteers raise awareness, spread knowledge, support others, and advocate for smart legislation in communities everywhere. Volunteer Voices videos speak out about topics including:

* life after a suicide loss
* advice for older men
* cultural considerations
* why it’s important to pay attention to changes in behavior
* finding purpose through advocacy
* the value of human connection

May is Mental Health Awareness month, but September is the month for North Dakota residents to participate in an “**Out of Darkness Walk”** in your area. Sign up and ask your group to wear your VFW Auxiliary shirts and tear drop stickers. Take along the Veterans Crisis Line information and other items given out at the Auxiliary Fall Workshop. Register for walks at walks@afsp.org. Let’s show our communities who we are and what we do.

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| **City** | **Location** | **Date** |
| Bismarck | State Capitol | September 8 |
| Minot | Oak Park | September 14 |
| Lake Region | Ruger Park | September 14 |
| Williston | Williston State College | September 14 |
| Rollette County | Memorial Building | September 15 |
| Fargo | Scheels Arena | September 15 |
| Dickinson | West River Ice Center | September 21 |
| Valley City | Lokken Stadium VCSU Campus | September 22 |
| Beulah | Energy Wellness Center | September 28  |

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