

# American Foundation for Suicide Prevention (AFSP)

Healthy St. Mary's Partnership  
Behavioral Health Action Team  
August 16, 2024

**Our Mission**

**Save Lives and Bring Hope  
to Those Affected by Suicide**





- Suicide is one of the leading causes of death in the U.S., with over **48,000 Americans dying** each year
- Suicide is the **2nd leading cause of death** for those between ages 10-34
- It is estimated that there are 25 suicide attempts for each death, or more than **1 million suicide attempts** per year





**Suicide is a leading cause of death  
and it's preventable.**

Together we can encourage those who struggle to seek help, improve the quality of their lives and stop this tragic loss of life.



# Prevention Through Partnerships





# Advocacy & Public Policy

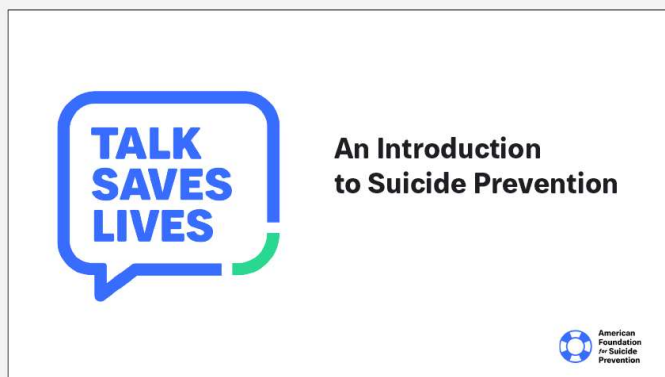
Each June, AFSP volunteer Field Advocates gather in Washington, D.C. for the annual **Advocacy Forum**, AFSP's single largest effort to educate members of Congress about suicide prevention and mental health.

AFSP chapters organize **State Capitol Day** events each spring to rally local volunteer Field Advocates to educate state legislators and other public officials.



# Prevention Education

Through educational programs such as **Talk Saves Lives™** and **It's Real: College Students and Mental Health**, we teach schools, communities and workplaces how to best prevent suicide.



# Prevention Education Programs

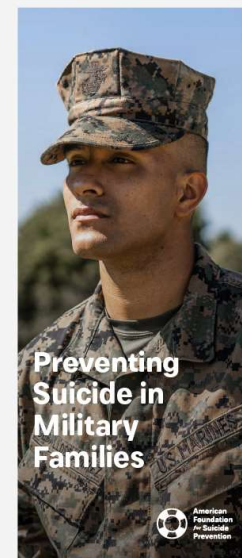
**AFSP Prevention Education and Partnership Programs provide suicide prevention education in many areas, including but not limited to:**

- K-12 educators and parents
- Latinx and Hispanic communities
- Teens
- Seniors 65+
- The lived experience community
- Faith-based communities
- LGBTQ+

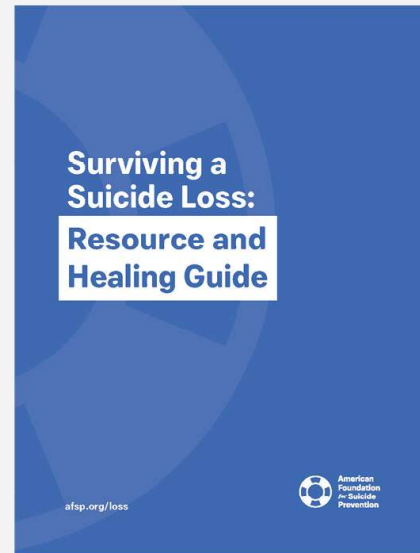
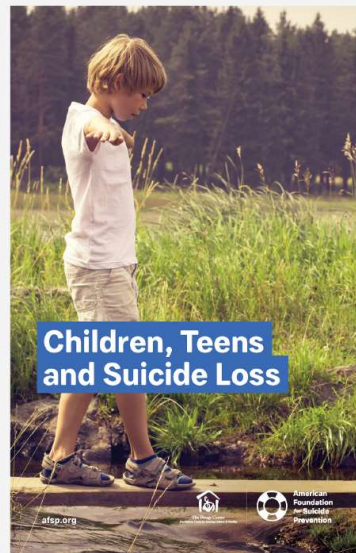
**Please visit [afsp.org/community-programs](https://afsp.org/community-programs) to learn more**



# Samples of Additional Prevention Education Materials



# Samples of Loss & Healing Materials and Booklets





SEIZE THE AWKWARD

# Seize the Awkward

**Seize the Awkward** is a public service, digital-first campaign by the American Foundation for Suicide Prevention (AFSP) developed in partnership with The Jed Foundation (JED) and the Ad Council.

The campaign is designed to empower teens and young adults (ages 16-24) to connect with their friends about mental health, particularly those who may be struggling or are at risk of suicide.



# Out of the Darkness Walks

AFSP's **Out of the Darkness Walks** bring together friends, family and supporters nationwide while raising awareness and millions of dollars in funding for lifesaving suicide prevention programs and research.





# Get Involved!

- **Walk** in your community
- **Sign-up** to be a Field Advocate
- **Give a gift**
- **Partner** to bring prevention to schools
- **Sponsor** an event
- **Get trained** to teach programs





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**American  
Foundation  
for Suicide  
Prevention**

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