

Converse To Reverse

TALK One-On-One
Neighbor-To-Neighbor
#It's Ok to Talk About It
Increase Awareness - Educate - Train
#Converse To Reverse Suicide

Sock n It! Neighborhood-Level Initiative To Stop Suicide "C2R"

"C2R" * * * Let's Talk! * * * "C2R"

Start conversing today!

"I notice a difference these days...how can I help?"

"I care. I want to help you get better."

"I love you."

*"You are one person in the world
but to one person you are the world."*

"C2R" RESOURCE LINKS

Everyone has a vital role

- Community - Classroom - Church -

#BeThe1ToHelpSomeone

NAMI - NATIONAL ALLIANCE ON MENTAL ILLNESS 800-950-6264

Dedicated to building better lives for millions affected by mental health #StigmaFree
<https://www.nami.org/About-NAMI> #OK2TALK #TalkAboutIt #SeekHelp

MENTAL HEALTH AMERICA

July is Minority Mental Health Month #StopSuicide #SeekHelpPlease #YouAreLoved

NATIONAL INSTITUTE OF MENTAL HEALTH

Fact Sheet: Signs & Symptoms

<https://www.nimh.nih.gov/health/topics/suicideprevention/index.shtml>



SUICIDE PREVENTION RESOURCE CENTER

13 Reasons Why

<https://www.sprc.org>

THE NATIONAL SUICIDE PREVENTION 24/7 LIFELINE

Learn the 5 Steps you can use to help a love one or someone you know

<https://suicidepreventionlifeline.org> #BeThe1ToHelpSomeoneInCrisis



AMERICAN FOUNDATION FOR SUICIDE PREVENTION

<https://afsp.org> #TalkingSavesLives



LIFELINE
1-800-273-TALK
#C2R

Youth
PLEASE
Text
741741

**YOUTH IN
CRISIS TEXT**
741741

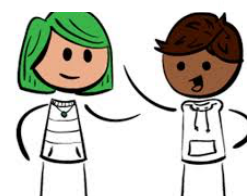


MARK YOUR CALENDAR! TALK ABOUT IT! TALK AT HOME, SCHOOL, CHURCH, COFFEE STOPS, LUNCH BREAKS, AT DINNER...JUST TALK...CONVERSE2REVERSE

MAY = National Mental Health Month. SEPTEMBER = National Suicide Prevention

JULY = Minority Mental Health Month OCTOBER = National Mental Health Awareness

#BeThe1ToHelpSomeone 



Neighbor-to-Neighbor Awareness & Prevention Initiative in Collaboration With Sock n It!

----- In Memory of Aaren Brown (1981-2016) -----

C2R