



PRA Releases Free Safe Messaging Icons to Honor Suicide Prevention Awareness Month

It's hard to talk about what you can't see. We use imagery to convey import, highlight concepts, and simplify complex subjects. Depicting suicide prevention concepts can be challenging without raising ideas that can be discouraging at best, or triggering at worst. At its heart, suicide prevention is hopeful work rooted in the strengths of individuals and those around them.

In honor of Suicide Prevention Awareness Month, suicide prevention efforts, and survivors everywhere, Policy Research Associates, Inc. (PRA) has collaborated with experts in the field to create a suite of nine icons that illustrate key suicide prevention concepts in a strength-based and recovery-oriented manner.



Identifying people at risk for suicide



Experiencing suicidal ideation



Increasing help-seeking behavior



Creating safety plans



Responding to a crisis



Providing postvention services



Linking to care



Enhancing protective factors



Promoting connectedness

This suite addresses key concepts within the Centers for Disease Control and Prevention's [Preventing Suicide: A Technical Package of Policy, Programs, and Practices](#), as well as critical topics addressed in suicide prevention work:

- Identifying people at risk for suicide
- Experiencing suicidal ideation
- Increasing help-seeking behavior
- Creating safety plans
- Responding to a crisis
- Providing postvention services
- Linking to care
- Enhancing protective factors
- Promoting connectedness

The icons, developed by PRA graphic artist *Briela Tollisen*, are available to the public for free use. We're releasing these graphics to the field to promote positive, proactive, and safe conversations around suicide prevention. We hope you will use them to further your work on this critical topic.

[Download the Icon Suite](#)

How to Use These Free Icons

Download an icon pack and use any of the icons to advance suicide prevention in any medium. Attribution ("Image credit: [Policy Research Associates, Inc.](#)") is appreciated but not required. Select the pack in black and white or full color, depending on your needs. If you have an application for these icons that would benefit from a change in color scheme, reach out to communications@prainc.com for editable versions.

If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, the National Suicide Prevention Lifeline is available 24/7 across the United States: 1-800-273-8255 or <https://suicidepreventionlifeline.org/>.

National Wellness Week Resource Roundup

From September 15 to 21, 2019, PRA celebrated National Wellness Week. Held during the third week of September, National Wellness Week promotes the understanding that enhancing an individual's wellness contributes to their overall health and is integral to behavioral health.

To celebrate this year's National Wellness Week, PRA shared a collection of podcasts and fact sheets with the field to encourage the enhancement of wellness in each of its eight dimensions: emotional, environmental, financial, intellectual, physical, occupational, social, and spiritual. Listen to a podcast or download a fact sheet today to find out how you can enhance your wellness!

[Listen to Our Well-Being Podcast Playlist](#)

Download the *Tips for Providers* wellness fact sheet series!



Emotional Wellness

Environmental Wellness

Financial Wellness

Intellectual Wellness



Physical Wellness

Occupational Wellness

Social Wellness

Spiritual Wellness

Interested in accessing one of PRA Well-Being's other resources? Visit our [Well-Being Resources page!](#)

Apply: MHT-JJ T3 Events from NCYOJ

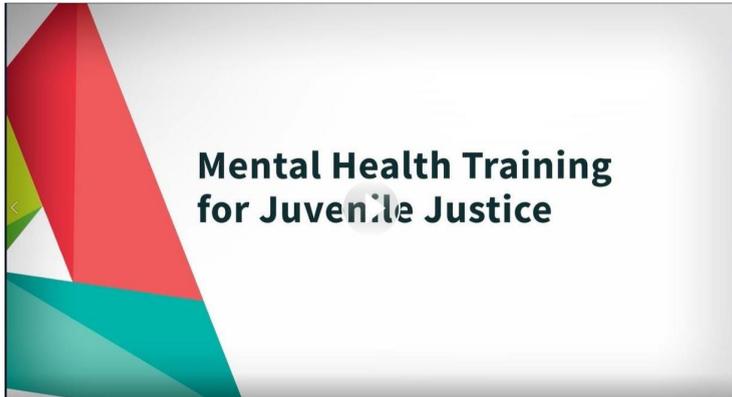
The [National Center for Youth Opportunity and Justice](#) welcomes your application for one of its upcoming Mental Health Training for Juvenile Justice (MHT-JJ) Train-the-Trainer (T3) events!

Why the MHT-JJ

Juvenile justice staff members are responsible for the day-to-day care of a large population of youth, many of whom are experiencing behavioral health conditions or traumatic stress reactions. Juvenile justice involvement can exacerbate a youth's condition, creating a more difficult situation for both the youth and juvenile justice staff.

Trainers who attend an MHT-JJ T3 will:

- Increase their knowledge of adolescent development, child trauma, and adolescent behavioral health conditions;
- Develop an understanding of how these issues may affect youth-staff interactions; and
- Enhance skills that support effective and safe interactions between youth and staff.



Upcoming MHT-JJ T3 Events

- November 12-14, 2019 – Salt Lake City, Utah
- April 28-30, 2020 – Birmingham, Alabama

[Learn More and Apply for the MHT-JJ](#)

PRA @ an Event Near You

PRA @ National Wellness Conference

Vice President *Terri Hay* and Senior Project Associate *Crystal Brandow* will be presenting at the [44th Annual National Wellness Conference](#) in Kissimmee, Florida, which is being held October 1-3, 2019. Join their session **Creating Healthy Workplaces: Five Key Domains** on Tuesday, October 1, from 1:00-2:15 p.m.

Recent Stories from the PRA Blog

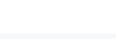


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