30 Days of Suicide Prevention Awareness Calendar 2026

CT Connecting to Care

Join our Mission for Children's Behavioral Health
Connectingtocarect.org/join-our-mission
Scan the QR code to follow our social media page!

#SPM2026

https://www.facebook.com/CT.CONNECT.champions/
@connectingtocare_ct

Looking for more? Follow our social media page for additional details, resources and wellness tips for each day's activity!

#suicideprevention **"Sometimes the smallest step in the right direction ends up being the biggest step of your life." — Naeem Callaway** **If you need to talk, the 988 Lifeline is here. Call, Text or Chat @988**		**9/1** Hope begins here.	**9/2** Wellness check: Schedule a healthcare appointment.	**9/3** Self-care matters. Enjoy your favorite hobby or activity.	**9/4** Know the warning signs.	**9/5** Resilience day: Share your story!
9/6 Community connection: Strengthen your connections	**9/7** Rest and recharge. Time to reset and restore energy.	**9/8** 988 Day Learn about 988	**9/9** Learn about your local Regional Suicide Advisory Board.	**9/10** World Suicide Prevention Day	**9/11** Coping skills spotlight: Learn a new skill.	**9/12** Talking openly about mental health breaks the stigma.
9/13 Stronger together: Supporting those we care about	**9/14** Mindful Monday: Practice 5 minutes of meditation and breathing	**9/15** Check-in Tuesday: Reach out to someone you care about.	**9/16** Celebrate progress: One step at a time.	**9/17** Stress management: Tips to reduce stress.	**9/18** You matter: Write a positive affirmation to yourself.	**9/19** Who is your support system?
9/20 Digital detox. Take a break from screen time!	**9/21** World Gratitude Day	**9/22** Workplace wellness: Promote a work-life balance.	**9/23** Physical activity for mental health	**9/24** Listen without fixing: How to be an active listener?	**9/25** Spread hope and encouragement	**9/26** Volunteer or give back
9/27 Recovery is possible and hope is within reach.	**9/28** Reflect on your personal strengths.	**9/29** Continue the conversation	**9/30** Together we prevent suicide.	carelon Behavioral Health	Community Pathways Connecting CT families to children's behavioral health services and supports Call 877-381-4193	

Follow us on Facebook https://www.facebook.com/CT.CONNECT.champions/ and Instagram @connectingtocare_ct

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Plan4Children
https://www.plan4children.org/

Prevent Suicide CT
https://www.preventsuicidect.org/

SAMSHA
https://www.samhsa.gov/

The Trevor Project
https://www.thetrevorproject.org/

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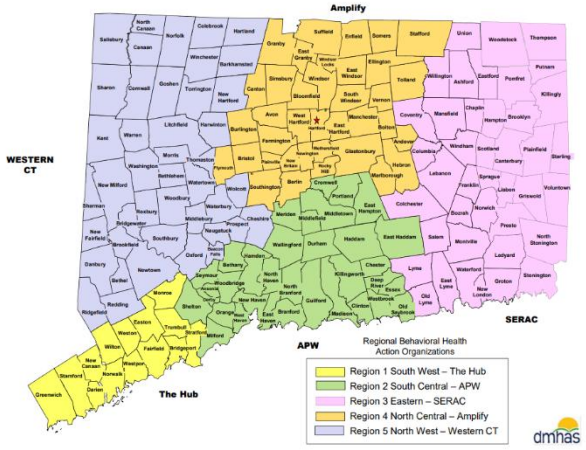
National Suicide and Crisis Lifeline: Call, Text or Chat 988

https://988lifeline.org/

Mobile Crisis provides crisis response and crisis stabilization services to children/youth under 18. **Dial 2-1-1, press 1 and then 1** again **https://www.mobilecrisisempsct.org/**

The **Community Pathways Program** is a warm line in Connecticut that helps families navigate children's behavioral health services and community-based support. **Call 877-381-4193, select option 1.** Learn more**: https://www.carelonbh.com/ctcfd/en/home**

Learn about your Local Prevention efforts:
Regional Behavioral Health Action Organizations (RBHAOs) are responsible for a range of planning, education, and advocacy of behavioral health needs and services for children and adults within their region.



Region 1: **Catalyst CT | the hub: Behavioral Health Action Organization for Southwestern CT** https://catalystct.org/

Region 2: Alliance for Prevention Wellness – BHCare https://www.apw-ct.org/

Region 3: SERAC https://www.seracct.org/

Region 4: Amplify, Inc. https://amplifyct.org/

Region 5: Western CT Coalition
https://www.wctcoalition.org/

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