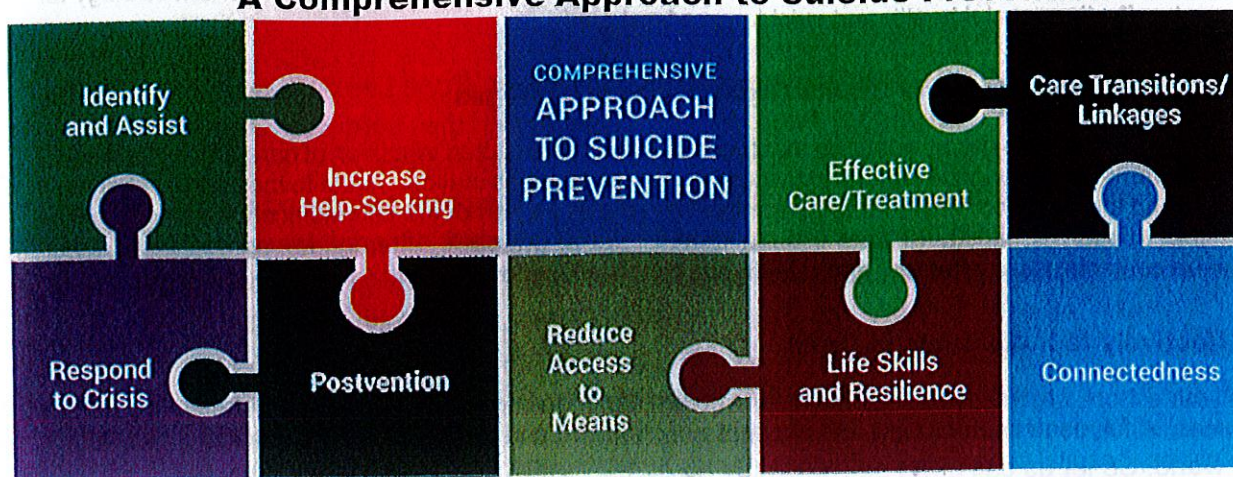


A Comprehensive Approach to Suicide Prevention



Resilience and recovery *are* possible, and prevention works. Knowing the warning signs and resources to help someone in crisis can save a life:

- Talking about death or dying
- Looking for ways to kill themselves
- Talking about feeling hopeless or having no purpose
- Talking about being a burden to others
- Increased use of drugs or alcohol
- Displaying extreme mood swings

If you are in need of immediate support, call 9-8-8.

Individual Impact: 1 in 20 U.S. adults (5%) have serious thoughts of suicide each year.

Although more women* than men attempt suicide, men are 4x more likely to die by suicide. Annual prevalence of serious thoughts of suicide among U.S. youth populations: About 1 person dies by suicide in the U.S. every 11 minutes. In the U.S., suicide is the 2nd leading cause of death among people ages 10-14 and among people ages 15-24, and the 11th leading cause of death overall.

Discover and access a curated list of mental health and crisis resources and tools to help guide conversations and offer support and help.

In a Crisis? If you or someone you know is in crisis, call, text, or chat 988 (chat available at www.988Lifeline.org).


In Need of Help or Support? You Are Not Alone. Find help at the NAMI HelpLine: a free, confidential nationwide service that provides peer support, mental health information and resources. Get help Monday to Friday, 10 a.m. to 10 p.m. ET. Call 800-950-6264, text "NAMI" to 62640, or email.

To reach LGBTQ+ specialized resources, you can also contact The Trevor Project's 24/7 crisis line via chat, text 'START' to 678-678, or phone at 1-866-488-7386 – learn more at thetrevorproject.org

On October 13, 1884, after finishing the celebration of Mass, Pope Leo XIII had a remarkable vision in which he heard Satan threatening the Lord with the destruction of the Church through “those who will give themselves over to my service.” Going immediately from the chapel to his office, the pope composed the famous **Prayer to Saint Michael**, with instructions it be said after all Masses everywhere. Although this practice was discontinued in 1970, in 1994 Pope John Paul II urged Catholics to recite this prayer to Saint Michael once again, “**in order to obtain help in the battle against the forces of darkness and the spirit of this world.**” In these unusual times we do not need to look far to see the unmasked faces of those who wish to destroy our faith and blot out its presence in the world. So let us call upon our heavenly protector Saint Michael the Archangel, that he may be our protection!

Prayer to Saint Michael, written by Pope Leo XIII

“ Saint Michael, the Archangel defend us in battle; be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do thou, O prince of the heavenly host, by the power of God, thrust into hell Satan and all the other evil spirits who prowl throughout the world, seeking the ruin of souls. Amen. ”



September 29 is recognized as the Feast of Saints Michael, Gabriel, and Raphael

Archangels are high-ranking angels who act as divine messengers, protectors, and executors of God's will, serving as intermediaries between the heavenly and human realms. Key Archangels and Their Roles -

- **Michael:** Known as the protector and the leader of the army of angels, Michael is associated with justice, faith, and protection against evil.
- **Gabriel:** This archangel serves as God's messenger, delivering divine messages and making major announcements, such as the birth of Jesus to the Virgin Mary.
- **Raphael:** A healer of the broken-hearted and protector of travelers, Raphael is often associated with healing and guidance.
- **Uriel:** This archangel brings wisdom, knowledge, and illumination to humanity, guiding them to understanding and enlightenment.