



She Is Us  
UNITED INC.

TRAUMA HEALING • COMMUNITY RESTORATION.

# SEPTEMBER 2026 SUICIDE PREVENTION AWARENESS MONTH



Connection is Suicide Prevention.



# CHECK ON HER.



- ♥ Check on the girl who got quiet.
- ♥ Check on the mother carrying everything.
- ♥ Check on the friend who stopped calling.
- ♥ Check on the veteran who says she's fine.
- ♥ Check on yourself.

*A small check-in can change a life.*

## THE FACTS\*



# 48,824

people died by suicide in  
the United States in 2024.

— Source: CDC WISQARS (2024 Final)



# 14.3 MILLION

U.S. adults seriously thought  
about suicide in 2024.

— Source: SAMHSA/CDC, NSDUH (2024)

\* Data year 2024. See full citations on Page 3.

## KNOW THE SIGNS



Changes in mood,  
sleep, or behavior



Pulling away from  
family, friends,  
or activities



Talking about having  
no reason to live or  
feeling trapped



Feeling hopeless,  
overwhelmed,  
or in emotional pain

YOU DON'T HAVE TO WAIT FOR A CRISIS.



HELP IS AVAILABLE.  
YOU ARE NOT ALONE.

Free. Confidential.

Support when you need it.

*You matter. Your life matters.*



CALL • TEXT • CHAT

# 988

24/7/365

988lifeline.org



Asking about suicide  
does not increase risk.



Everyone can help  
prevent suicide.



Connection, compassion,  
and support save lives.



We are stronger  
together.



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# TOGETHER, WE CAN SAVE LIVES.



When we connect, listen, and support one another,  
we build a stronger, healthier community.

**YOU. YOUR CONNECTION. YOUR COMMUNITY.**



## WHY THIS MATTERS

CDC data show a troubling rise in suicide rates  
among Black Americans.



**+25.2%**

Increase in the suicide rate  
among Black Americans  
from 2018 to 2023.



**+29.4%**

Increase among  
Black Americans  
ages 10–24.



**+29.2%**

Increase among  
Black Americans  
ages 25–44.



These figures include both males and females.  
They are not rates for Black girls or Black women alone.

Source: CDC MMWR, "Suicide Trends Among Racial and Ethnic Minority Populations,"  
2018–2023 final data. (MMWR 2025;74:692–698).

## A SPECIAL FOCUS: MOMS MATTER



♥ Mental health conditions, including suicide and  
overdose, are the leading underlying cause of  
pregnancy-related deaths.  
(CDC MMRIA, 2017–2019)

♥ Pregnancy-related deaths include deaths during  
pregnancy or within one year of pregnancy  
from a pregnancy-related cause.

♥ Black women are 3x more likely to die from  
pregnancy-related causes than white women.

*Support her. Listen to her. Connect her to care.  
She is not alone. ♥*

Sources: CDC Pregnancy-Related Deaths Data (2017–2019); CDC Maternal Mortality.

## SEPTEMBER DATES TO KNOW ♥



SEPTEMBER 8, 2026  
**988 Day**  
Theme: "988 Reasons:  
Your reason is reason  
enough."  
– SAMHSA



SEPTEMBER 10, 2026  
**World Suicide  
Prevention Day**  
Theme: "Changing the  
Narrative on Suicide:  
Start the Conversation."  
– WHO / IASP



ALL SEPTEMBER  
**Suicide Prevention  
Awareness Month**  
Use #SPM2026  
to share hope,  
resources, and support.  
– SAMHSA

## 5 WAYS TO HELP



### ASK.

Ask directly:  
"Are you thinking  
about suicide?"  
It does not  
increase risk.



### LISTEN.

Listen without  
judgment.  
Let her be heard.



### STAY.

If she is in danger,  
stay with her and  
get help.



### CONNECT.

Help her connect  
to support.  
Call, text, or  
chat 988.



### FOLLOW UP.

Check in again.  
Healing takes time.



Small actions.  
Big impact.  
Lives can be saved.



LEARN MORE. GET INVOLVED. READ OUR FULL SEPTEMBER NEWSLETTER ON OUR WEBSITE.

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# HEALTH. PREVENTION. COMMUNITY.



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*Stronger communities start with informed, connected, and empowered people.*

## SICKLE CELL AWARENESS MONTH



September is a time to raise awareness, promote early screening, expand treatment options, and support those living with sickle cell disease.



### KEY FACTS\*



**~100,000**

Americans are estimated to live with sickle cell disease.



**More than 90%**

of people living with sickle cell disease in the U.S. are non-Hispanic Black or African American.



**1 in 365**

Black or African American births is affected by sickle cell disease.



**1 in 13**

Black or African American babies is born with sickle cell trait (usually without symptoms).

\* Sources: CDC Sickle Cell Data  
[www.cdc.gov/sickle-cell/data/index.html](http://www.cdc.gov/sickle-cell/data/index.html)

## FREE VIRTUAL LEARNING OPPORTUNITY

## 19<sup>th</sup> Annual Sickle Cell in Focus (SCiF) 2026

*Advancing Science. Expanding Hope.*



September 24–25, 2026



Virtual Conference



FREE Registration



Hosted by NIH/NHLBI and  
the University of the West Indies



Topics include new therapies, gene therapies, sickle cell trait, transfusion outcomes, complications, inflammation & aging, lifestyle research, and more.



LEARN MORE & REGISTER:

[www.nhlbi.nih.gov/events/2026/sickle-cell-focus-2026](http://www.nhlbi.nih.gov/events/2026/sickle-cell-focus-2026)

## UPCOMING AT SHE IS US UNITED INC. ♥



## CPR/AED & FIRST AID HANDS-ONLY TRAINING



Saturday, September 26, 2026



10:00 AM – 12:30 PM



South Regional Library Auditorium  
8065 Lely Cultural Parkway  
Naples, FL 34113

This is an educational session  
(not a certification course).  
Open to ALL community  
members!

**REGISTER TODAY!**

<https://form.jotform.com/262394329183059>



### YOU CAN MAKE A DIFFERENCE.

A kind word. A listening ear. A connection to support.  
*Small actions. Big impact. Lives can be saved.*



Reach out



Be there



Offer support



Keep checking in

## CONNECT WITH US ♥



[www.sheissunited.org](http://www.sheissunited.org)



[sheisusUSA@gmail.com](mailto:sheisusUSA@gmail.com)



888-846-8777



@sheisusunitedinc



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*She Is Us, I Am Her, We Are Each Other.* ♥