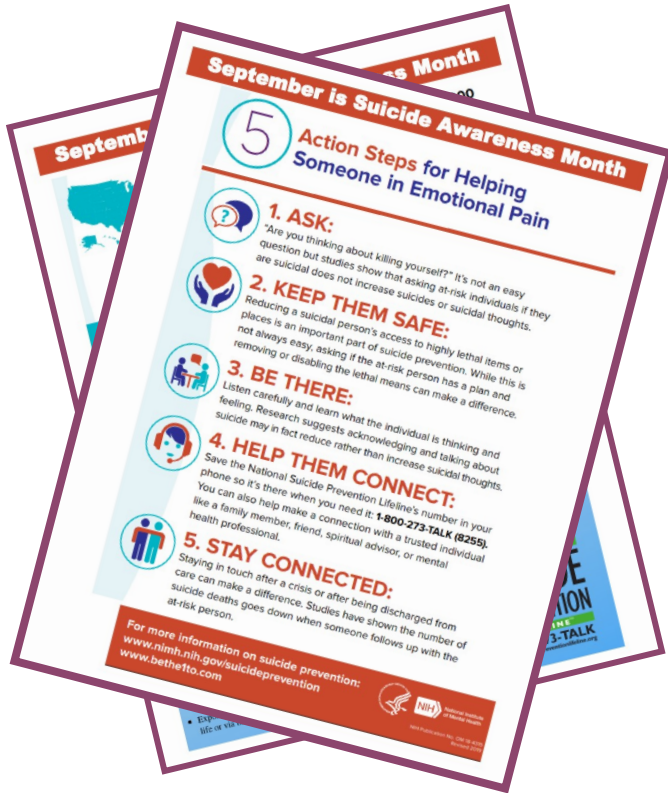


# Instructional Guide for Helping Someone in Crisis<sup>®</sup>

## Healthcare Professional Awareness Kit

### 5 Action Steps Handout



Ideas for use-

- Place these in your office lobby. Download the PDF onto a jump drive and take it to a print shop for printing.
  - Printing instructions: Double sided, in color, and on premium paper.
- Attach this to an email to patients and colleagues with a note about it being Suicide Awareness Month. See our email templates below.
- Place this on your website and guide the lay community to the handout

*Content for 5 Action Steps generously provided by NIMH. Bethelto.com*

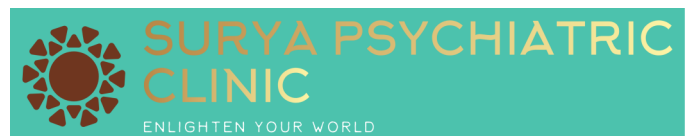
### Social Media Posts



Ideas for use

- Post these on your social media channels (Facebook, Instagram, and Twitter) the first and third Monday of September.
- Link the posts to the 5 Action Steps Handout link on your website.

Provided a s a community service to our healthcare colleagues by  
**Tejaskumar B. Patel, MD, MBA**  
Medical Director- Surya Psychiatric Clinic



[www.suryapsychiatricclinic.com.com](http://www.suryapsychiatricclinic.com.com)

**520-639-8576**