LifeSpeak Suicide Awareness Resources

Suicide is preventable, and we can all play our part in understanding and addressing suicide prevention in our communities. According to The 988 Lifeline, providing support services, talking about suicide, reducing access to means of self-harm, and following up with loved ones are just some of the actions we can all take to help others.

To learn more, click on the videos below.

- **Men and suicide**
  - [Play](#)
  - From the video series “LifeSpeak: Suicide Prevention and Intervention”
  - Men and suicide episode with Michael O’Rourke

- **Suicide: frequently asked questions**
  - [Play](#)
  - From the video series “LifeSpeak: Suicide Prevention and Intervention”
  - Suicides: frequently asked questions episode with Dr. Sally Spencer-Thomas

- **What are contributing risk factors for suicide?**
  - [Play](#)
  - From the video series “LifeSpeak: Suicide Prevention and Intervention”
  - What are contributing risk factors for suicide? episode with Dr. Sally Spencer-Thomas

- **Suicide in the workplace**
  - [Play](#)
  - From the video series “LifeSpeak: Suicide Prevention and Intervention”
  - Suicide in the workplace episode with Dr. Sally Spencer-Thomas

- **Addressing suicide**
  - [Play](#)
  - From the video series “LifeSpeak: Suicide Prevention and Intervention”
  - Addressing suicide episode with Dr. Sally Spencer-Thomas

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