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September is **National Suicide Prevention Month** and **National Recovery Month**. The Baltimore County, Department of Health (BCDH), Bureau of Behavioral Health is committed to supporting our residents through education, advocacy, linkage to resources and treatment. This includes our children, youth, young adults and families impacted by both suicide and substance use. Please join us in participating in these awareness opportunities to engage our community members in important dialogues, raise awareness and establish connections.

There are several ways to participate:

- Post on social media platforms using the hashtags:
  - Suicide Prevention: **#BeThe1To**, **#TalkAboutSuicide** and **#SuicidePreventionMonth**
  - Recovery: **#TalkTheyHearYou**, **#BeforeItsTooLate** and **#RecoveryMonth**.
- Re-share post from other organizations (such as [HHS](#)) on social media platforms
- Participate in National Wear Yellow Day (September 10)
- Host a virtual event/training for agency staff
- Host a virtual event/training for youth and caregivers

We are including a list of resources to assist you and your networks in engaging in both National Suicide Prevention Month and National Recovery Month. Let BCDH know how you are engaging by sending announcements, event information and/or photos (with consent) to [HHS@baltimorecountymd.gov](mailto:HHS@baltimorecountymd.gov). For sample social media posts, please follow us on [Facebook](#).

We can all **#BeThe1To #TalkAboutSuicide** during **#SuicidePreventionMonth** and **#TalkTheyHearYou #BeforeItsTooLate** during **#RecoveryMonth**.

Thank you in advance for working with us to bring much needed attention to these very important issues.

## Additional National, State and Local

### National Resources:

- Suicide Prevention:
  - [American Foundation for Suicide Prevention](#)
  - [Centers for Disease Control and Prevention](#)
  - [Crisis Text Line](#), text HOME to 74174
  - [Jed Foundation](#)
  - [NAMI Metropolitan Baltimore](#)
  - [National Institute of Mental Health](#)
  - [National Suicide Prevention Lifeline](#), 1-800-273-TALK (8255)
  - [Seize the Awkward](#)
  - [Substance Abuse and Mental Health Services Administration](#)
  - [Suicide Prevention Resource Center](#)
  - [The Trevor Project](#), 1-866-488-7386
  - [Veterans Crisis Line](#), 1800-273-825, press 1
  
- Recovery:
  - [Substance Abuse and Mental Health Services Administration](#)
  - [Talk. They Hear You.](#)

### State Resources:

- Suicide Prevention:
  - [Annual Suicide Prevention Conference](#)
  - [Extreme Risk Protection Order \(ERPO\) Informational Toolkit](#)
  - [Healing After a Suicide Loss](#)
  - [Maryland Suicide Prevention Program](#)
  - [MD-SPIN Initiative](#)
  - [Resources](#)
  - [Spring Newsletter: April, May, and June 2021](#)
  - [Suicide Prevention in Primary Care Toolkit](#)
  - [Training and Education](#)
  
- Recovery:
  - [Before It's Too Late](#)
  - [Overdose Response Program](#)

### Baltimore County Resources:

- Suicide Prevention:
  - Baltimore County Crisis Response System, 410-931-2214
  - Baltimore County Behavioral Health Help Line, 410-887-3828
  
- Recovery:
  - Baltimore County Substance Misuse and Recovery Helpline, 410-88-REACH
  - Baltimore County Substance Use Disorder Screening and Education Program, 410-887-6465