

HOW TO GET INVOLVED IN SUICIDE PREVENTION

- Join SPAN Idaho
- Become a volunteer for SPAN Idaho
- Become involved with your SPAN Idaho Regional Chapter, or start a Regional Chapter
- Volunteer with or attend a survivor support group
- Become a suicide prevention trainer/presenter
- Educate your state legislators about suicide as a preventable public health problem
- Educate community leaders
- Educate your community by speaking, or providing information to civic groups, churches, etc.
- Educate your local news media (see Media Guidelines at http://www.spanusa.org/index.cfm?fuseaction=home.viewPage&page_id=8A3AFB22-97F8-4368-C4E7CEF982FCD655)
- Reach out to a friend or family member who might need help

You will find more information about many of these items within the SPAN Idaho Suicide Prevention Tool Kit and on the SPAN Idaho Web site at www.spanidaho.org, or just contact SPAN Idaho at info@spanidaho.org.

For specific assistance in starting a grassroots effort see the “Grassroots Tool Kit: A Manual on Event Planning, Coalition Building and Grassroots Advocacy” at http://www.civilrights.org/action_center/resources/Grassroots_Manual_11.2003.pdf or you can find it at the bottom of the SPAN USA About Advocacy Web page. Go to www.spanusa.org, and click on About Advocacy at the left.