

Recognizing  
**National Suicide  
Prevention Week**  
*In the Wildland Fire Community*



September 10-16, 2023



**Topics Addressed this Week:**

- Fighting mental health stigma
- Five ways to support someone who is struggling
- Navigating transitions
- What to expect when you call a crisis line
- Early Intervention
- A Story of survivorship

In recognition of National Suicide Prevention Week, the NWCG Mental Health Subcommittee has created daily messages to share resources and mental health information to prevent suicide in our community.

All materials can be downloaded from the NWCG Mental Health Subcommittee page:  
<https://www.nwcg.gov/committees/mental-health-subcommittee>

Talking about mental health difficulties and suicide can be hard. "Bringing these topics into the open is the first step in challenging the mental health stigma, which can prevent us from seeking help." This year, we focused on pieces that took strength to share and that can help us better support ourselves and others.

We encourage you to use these materials to start conversations with coworkers about maintaining mental health and wellness. Each short piece takes only a few minutes to review, but it could provide information that makes a difference for you or someone else. Please share these resources widely.

We can all take action to support each other and break the silence around suicide and mental health struggles. In our work, we often face a range of challenges throughout our careers. Together, we are stronger. We can combat the stigma around mental health and create changes that are needed to support others, ourselves, and the teams we work in.



*If you are experiencing thoughts of suicide or are in distress, dial or text 988 for free, confidential support available 24/7.*

**988** SUICIDE & CRISIS  
**LIFELINE**