

Upcoming

September 2026 events



Suicide Prevention and Recovery Month

Each year, our tri-county area (Broadwater, Jefferson, Lewis & Clark) honors September as Suicide Prevention and Recovery Month with trainings, the NAMI Walk, webinars, and support groups. The 2026 theme is "Stronger Together: Connect. Support. Prevent."

Know someone who is struggling? 1) Call or text 988 for free support 24/7; 2) Call 911 to request a Mobile Crisis Response Team for in-person support; 3) Call the Journey Home crisis center (406) 324-7322 for walk-in hours.

All
month
long!

The 30-Day 988 Tic-Tac-Toe Challenge

Complete three 988 challenges within the month of September. Pick up your 988 Tic-Tac-Toe card at Lewis and Clark Public Health (1930 9th Avenue) or at participating businesses. Winners entered into prize drawings.

Sept.

1

Talk Saves Lives: An Intro to Suicide Prevention

AFSP's 60-minute flagship suicide prevention education program (free!) that covers the scope of this cause of death, what the research has found to be the warning signs and risk factors of suicide, and the strategies that prevent it. Register at afsp.org/chapter/montana.

Sept.

3

Fall 2026 PACEs Train the Trainer

This Elevate Montana in-person training will include "Focusing on the Positive: Preventing & Healing the Effects of Toxic Stress" along with PACE 101 and the Power of Positive Experiences. Sign up here: forms.gle/1FXPCNw9iBfBpQCn8

Sept.

4

Suicide Loss Survivor Support Group - Virtual

This is a safe space for anyone who has been affected by the loss of a loved one to suicide to share stories and find support. Hosted by Charlie Health via zoom, 12-1 p.m. Register at <https://bit.ly/charliehealthsupport> for the Zoom link.

Sept.

8

Supporting Survivors of Suicide

A one-hour "Caring Communities" virtual presentation designed to provide participants with information, resources, and practical guidance on how to support someone who has experienced a recent loss to suicide. Register at afsp.org/chapter/montana.

Sept.

8

988 Day

A national day of action to raise awareness about the 988 Suicide & Crisis Lifeline and show what compassionate care looks like in action. Whether through a campaign, a conversation, or a single post, your outreach can help connect more people to support.

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Sept.

14

Mental Health WELLNESS CHALLENGE

St. Peter's Health will run a one-month wellness challenge, kicking off on Sept. 14 with a group walk at 11:30 a.m. All activities will be listed here: sphealth.org/community-health/health-challenges.

Sept.

14

Applied Suicide Intervention Skills (ASIST)

Montana National Guard is providing free ASIST Training, Sept. 14-15, for all interested community members. Please contact Jerry Palmer at jerald.palmer.1@us.af.mil to register.

Sept.

15

Volunteer 101 - MT

A101 Orientation to find out how to get involved with the fight to stop suicide. AFSP is dedicated to saving lives and bringing hope to those affected by suicide. Register at afsp.org/chapter/montana.

Sept.

17

Support After a Suicide or Traumatic Loss

Join Tamarack Grief Resource Center, 5:30-6:30 p.m., for a virtual adult group to honor grief and explore tools to support yourself and others. Register at tamarackgrc.org/calendar for the Zoom link.

Sept.

18

Shodair's 130th Anniversary Party

Rooted in a mission to heal, help and inspire hope, the community is invited to a FREE special celebration on the Shodair Children's Hospital campus, 4-8 p.m. Established in 1896, Shodair is one of the state's few acute (emergency) mental healthcare facilities.

Sept.

20

NAMI Walks Your Way MONTANA

Join NAMI Montana for its annual walk to support mental health advocacy and support groups, "Mental Health for All." 11 a.m. registration, Memorial Park, 1203 N. Last Chance Gulch in Helena. Learn more at namiwalks.org/montana.

Sept.

22

Offered to the Carroll community: QPR Gatekeeper certification

QPR: Question, Persuade, Refer - Gatekeeper certification for suicide prevention, 12-2 p.m., Maronick Room, Carroll College

Sept.

24

Finding Hope: Supporting Someone At-Risk

This program is intended for those who care about and are supporting another person who has made a suicide attempt, struggles with suicidal thoughts currently or in the past, or both. Register at afsp.org/chapter/montana.

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Opportunities for Online/Self-Paced Trainings

Peer Support Suicide Intervention training series: The series includes 988 vs. 911, Montana Suicide Prevention Plan, Transcending Suicide, and Suicide Intervention role plays designed for peer support specialists. The courses are free and available at <https://mtpeernetwork.talentlms.com/plus/catalog>.

Suicide Prevention Resource Center training series: There are seven free suicide prevention courses currently being offered. These incorporate videos, interactive scenarios, and knowledge checks to allow learners to practice skills and reflect on their experiences. Topics are varied, including safety planning, having conversations about lethal means, locating and understanding data for suicide prevention, etc. Create a free account to register for any of these courses at www.healthknowledge.org.

Preventing Suicide in Emergency Department Patients: Emergency departments play an important role in suicide prevention. This course is free and open to anyone, but is designed especially for healthcare professionals (e.g., physicians, nurses, behavioral health providers) who work in EDs. This course teaches how to conduct screening, assessment, and brief interventions, such as safety planning and lethal means counseling. It also addresses patient-centered care for patients with suicide risk, patient safety during the ED visit, and incorporating suicide prevention into discharge planning. Create a free account to register for the course at <https://zerosuicidetraining.edc.org/>.

Ongoing Opportunities for Staying Involved

Join the **Lewis and Clark Suicide Prevention Coalition**

Next meeting: Wednesday, Sept. 16 at Noon

<https://us02web.zoom.us/jc/89666191817>

Join the **Lewis and Clark Behavioral Health Local Advisory Council**

Next meeting: Tuesday, Oct. 6 at 11:30 a.m.

in-person in the PureView Conference Room, 1930 9th Avenue

Join the **LOSS Team**

A group of compassionate volunteers supporting suicide survivors in our area. The volunteer interest form is here: <https://lcsuicideprevention.org/loss-team>

For additional opportunities, please visit
<https://lcsuicideprevention.org>