



Florida Behavioral Health Association

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EMBARGOED UNTIL

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September 10 is World Suicide Prevention Day

Tallahassee, Fla. – On September 10, World Suicide Prevention Day, we pause to recognize that behind every statistic is a person, a family, a friend, and a community forever changed by the devastating impact of suicide. This day also allows us to reaffirm our commitment to prevention, hope, and healing.

“Tragically, 3,591 Floridians lost their lives to death by suicide in 2024; 33 more lives lost than in 2023,” **said Melanie Brown Woofert, President and CEO of the Florida Behavioral Health Association.** “This heartbreaking number indicates we must continue our efforts to inform and educate so that all of us work to prevent another death by suicide.”

An important resource for anyone struggling and looking for immediate assistance is Florida’s suicide prevention line, 988. The Florida Department of Children and Families’ [988 Florida Lifeline](#) is a free behavioral health support service, available 24/7, that connects Floridians experiencing suicidal thoughts, substance use disorder, mental health crises, or any other kind of emotional distress to a crisis counselor in their immediate area.

There is a myriad of reasons to reach out for help:

- Thoughts of suicide
- Anxiety
- Stress
- Loneliness
- Economic worries
- Postpartum depression
- On another person’s behalf
- Just to talk to someone

For Floridians struggling, help is available.

- If you or someone you know is in crisis, dial 988 to get connected to a behavioral health professional or go to [988LifeLine.org](#) for more information, including information in Spanish.
 - The [Veterans Crisis Line](#) can be accessed by dialing 988 then Press 1.
- Call 211 to get connected to a local community provider for information and referrals.

- Finally, [FBHA's website](#) has a list of members who provide services in every county in Florida.

For Floridians interested in how to prevent suicide, training is available.

- [Mental Health Awareness Training](#) teaches individuals how to assist and support others who may be experiencing a mental health or substance use challenge.
- [QPR \(Question, Persuade, Refer\) training](#) is a suicide prevention program that teaches people how to recognize the warning signs of a suicide crisis and intervene to save a life.
- [Zero Suicide](#), a training workshop focused on a systematic approach to improve suicide care through the adoption of evidence-based and best-practice safety standards. This approach, identified by the Zero Suicide initiative, encompasses screening, risk assessment, safety planning, follow-up care, treatment, training, and quality improvement.

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[The Florida Behavioral Health Association \(FBHA\)](#) represents over 70 community mental health and substance use treatment providers throughout the state. FBHA's members span from Pensacola to Key West, serve over half a million individuals each year, and provide services in every county in Florida. These community providers are the safety nets, primarily serving the uninsured, underinsured, and Medicaid populations. Visit [Floridabha.org](#) to find a list of community providers and get connected with mental health and substance use treatment, along with other services.