

Trillium Supports National Suicide Prevention and Recovery Months



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GREENVILLE, NC: September is a month of hope and healing. National Suicide Prevention Month is our annual reminder that we all have a role to play in supporting ourselves and others. It is the mission of [this campaign](#) to ensure our families, friends, and neighbors have access the resources to discuss suicide prevention and to seek help.

Trillium is joining with One Community to spread the message of the 988 Suicide & Crisis Lifeline. Whether at the beach, pool, or the park, you can help raise awareness of the 988 Lifeline and remind your neighbors they matter with this year's 988 towel. Reserve yours today using the [988 towels form](#).

Recovery is possible for anyone. National Recovery Month shares the message that the right treatment, support, and resources can pave the path of recovery. We all can help support individuals recovering from mental health and substance use disorders. Discover resources and more information at [SAMHSA.gov/recovery-month](https://www.samhsa.gov/recovery-month).

In recognition of the month, Trillium has sponsored the [4th Annual Run for Recovery 5K](#) race. The event takes place on September 16 at the Spartan Elite 365 Training Facility in Roanoke Rapids (43 W. 11th Street). It will include food, recovery resources, music, a moment of silence for those who have lost their lives to addiction, and testimonies. Other events we are participating in our region include the [Out of the Darkness Walk](#) (September 10, Elizabeth City), [Youth and Adult Mental Health First Aid community training](#) (September 26 and 28, virtual), and [NAMI Walks Wilmington](#) (September 30, Wilmington).

Trillium's Training Department will also hold two Question, Persuade, and Refer (QPR) this month, on September 19. Just as people trained in CPR and the Heimlich maneuver help save lives, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to get help. The free training will take place at 9 a.m. and 7 p.m. and will last 1.5 hours. [Learn more and register here](#).

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COMMUNICATION, COMMUNITY, AND EDUCATION ARE OUR TOP PRIORITIES.

ABOUT TRILLIUM HEALTH RESOURCES

Trillium Health Resources is a leading specialty care manager (LME/MCO) for individuals with substance use, mental illness and intellectual/developmental disabilities in 28 counties in eastern North Carolina. Trillium's mission is to transform the lives of people in need by providing them with ready access to quality care. We take a person-centered approach to health and wellbeing, coordinating care across multiple systems to achieve improved health outcomes, quality of care and efficient use of resources. Trillium is investing in innovation to meet the unique needs of the individuals and communities we serve, and remains focused on delivering the right services, in the right amount, at the right time. For more information, visit www.TrilliumHealthResources.org.