

Visibility saves lives: A call to action for National Suicide Prevention Month

September is Suicide Prevention Month. The need for connection and support within the LGBTQ+ community is more critical than ever. In a time marked by increasing legislative attacks on LGBTQ+ rights and reduced government funding for vital mental health resources, visibility is not just symbolic— it's a lifeline. This is the message at the heart of the campaign launched by [Ridgefield Pride](#): displaying a Celebrate Pride lawn sign can show vulnerable LGBTQ+ community members and visitors that they are seen, they matter, and they are not alone.

The urgency of this message is underscored by recent actions that have eroded mental health lifelines, particularly that of the **988 Suicide & Crisis Lifeline**, in which the specialized "Press 3" or text "PRIDE" options for LGBTQ+ youth were terminated by the Department of Health & Human Services in 2025. This decision is a devastating blow to a community that has disproportionately relied on specialized, affirming mental health services in moments of crisis.

The power of a single supportive person

The importance of showing support and creating affirming spaces is backed by data from leading organizations like The Trevor Project (www.thetrevorproject.org). Their research reveals that LGBTQ+ youth who have at least one accepting adult in their life are 40% less likely to report a suicide attempt. This highlights the profound impact that even a single person's acceptance and visible support can have. Furthermore, LGBTQ+ youth who live in a community that is accepting of LGBTQ+ people report significantly lower rates of attempting suicide than those who do not.

A simple Pride sign is one way to create a safe, welcoming environment, affirming a sense of belonging in a world that can often feel hostile.

A growing population in need of support

The need for visible support is only becoming more urgent due to a growing LGBTQ+ population. A Gallup Poll released in February 2025 found that 9.3% of U.S. adults identify as LGBTQ+, a record high driven largely by younger generations. This demographic shift means that visible, community-based support is more crucial than ever. By displaying a Pride sign, you are sending a powerful message to neighbors, students, and visitors that Ridgefield is a welcoming community.

How you can participate

Ridgefield Pride is asking everyone to display their Celebrate Pride lawn signs from **September 1-30** for National Suicide Prevention Month.

- If you have a sign: Put it out during the week to show your support.
- If you need a sign: Visit the Ridgefield Pride website at <https://ridgefieldpride.org> to request one.

Resources for those who need help

If you or someone you know is struggling with suicidal thoughts, please reach out for help. You are not alone. You can talk to counselors at school, therapists, or trusted family members.

Here are some reliable resources:

- **[988 Suicide & Crisis Lifeline](https://988lifeline.org/)**: Call or text 988 anytime for free and confidential support. <https://988lifeline.org/>
- **[Crisis Text Line](https://www.crisistextline.org/)**: Text HOME to 741741 to connect with a crisis counselor. <https://www.crisistextline.org/>
- **[The Trevor Project](https://www.thetrevorproject.org/get-help/)**: A resource for LGBTQ+ youth. Call 1-866-488-7386, Text: 678678 or visit <https://www.thetrevorproject.org/get-help/>.

- **[Kids in Crisis / Lighthouse](#)**: A peer-to-peer social support program for LGBTQ+ youth and their allies in Fairfield County. Call their 24-hour helpline at 203-661-1911 or visit kidsincrisis.org/get-help/lighthouse.
- **[The Ridgefield Prevention Council](https://www.ridgefieldpreventioncouncil.com/)**:
<https://www.ridgefieldpreventioncouncil.com/>
- **[Ridgefield Youth & Family Services](https://www.ridgefieldyfs.org/)**: <https://www.ridgefieldyfs.org/>,
(203) 409-1760
- **[Say Something Anonymous Reporting System](https://www.ridgefield.org/1-844-5-SayNow)**: <https://www.ridgefield.org/1-844-5-SayNow> This 24/7 reporting and HELP system is designed to ensure student safety and anonymity. There is also a link to contact the HELP line on the [RPS district website](#).
- **[NAMI](https://www.nami.org)**: National Alliance on Mental Illness, <https://www.nami.org>.
- **[The Connecticut Suicide Advisory Board \(CTSAB\)](https://preventsuicide.org)** preventsuicide.org

How to help a friend or family member

If you suspect someone is thinking about suicide or is in crisis ([warning signs](#)), here are some steps you can take, based on guidance from NAMI and other suicide prevention organizations:

- Be direct and listen without judgment: Talk openly and factually about suicide. Ask direct questions like, "Are you thinking about killing yourself?" Asking will not put the idea in their head; it can show that you are taking them seriously. Allow them to express their feelings without interruption.
- Encourage professional help: Help them find a mental health professional, offer to make calls, or accompany them to an appointment.
- Remove potential hazards: If possible, remove access to potential means of suicide, such as weapons or pills.
- Do not keep secrets about suicide: While it is important to be confidential, if you believe someone's life is in danger, you must get help. Explain to them that you care about them too much to keep it a secret.

By visibly showing your support this National Suicide Prevention Week, you are not just putting out a sign—you are extending an invitation of acceptance and belonging that can be the very support someone needs to find hope.

Ridgefield CT Pride: Raising visibility and fostering belonging since 2019

Since its founding in 2019, Ridgefield Pride has worked tirelessly to raise visibility, awareness, and understanding of the LGBTQ+ community and to offer support. They offer both periodic and ongoing programming to ensure the message of belonging is seen and heard year-round. These initiatives are often built through partnerships with a variety of organizations across town, maximizing reach and impact. For more information on Ridgefield Pride's programs, events and resources, please visit their website at <https://ridgefieldctpride.com>.



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The data is clear, Pride saves lives!

Display a Celebrate Pride Sign

Let our LGBTQ+
neighbors know
they matter



Use the QR Code or go to
RidgefieldPride.org to request a sign

Donations appreciated!

