



September is designated as National Suicide Prevention month, to increase awareness about mental health and suicide prevention and advocacy for effective policies. This month, Pro Bono Counseling is highlighting the American Foundation for Suicide Prevention (AFSP) – Maryland.

The Maryland chapter of AFSP focuses on reducing the loss of life from suicide by educating the public about risk factors and warning signs, generating funding for suicide research and initiatives, and implementing prevention programs. Two of their programs are teaching parents how to recognize signs of depression and other mental health programs, as well as initiating conversations about mental health with their child, and assisting Black and African American communities in reducing cultural stigma, fostering conversations about mental health, and raising suicide prevention awareness for individuals who identify as Black or African American.

Throughout the month of September and into October, AFSP-Maryland hosts walks to foster community and raise money to prevent deaths from suicide. For more information, please visit [Maryland | AFSP](#) or reach out to Area Director Jennifer Murphy at jmurphy@afsp.org or 202.770.8973.