

A background image of two hands shaking, rendered in a dark, muted blue-grey color. The hands are positioned centrally, with fingers interlaced in a firm grip. The lighting is soft, highlighting the texture of the skin and the creases in the fabric of the sleeves.

IT ONLY TAKES

**ONE**

**TO SAVE A LIFE**



## Join the Community Movement to Save a Life

Lead the way in suicide prevention at your organization by committing to ONE.

### One Life Lost Every 40 Seconds

Nearly 800,000 people die from suicide each year. That's one person every 40 seconds. For every adult who dies by suicide, it's estimated that more than 20 others attempt it. It's the second leading cause of death for youth in Missouri and Arkansas, and the 10th leading cause of death for adults. More than half of those who died by suicide did not have a known mental health condition.

### Impacting Families, Communities & Businesses

In addition to the effect suicide has on families and communities, it also impacts businesses. Serious mental illness is associated with an annual loss in earnings totaling \$193.2 billion in the U.S. every year. Approximately half of the overall cost of depression is attributed to the reduced productivity of workers.

### Introducing ONE

With the program, ONE, Burrell is offering trainings and support to businesses and organizations with the goal of helping your employees learn how to have conversations about suicide and understand the role they can play in preventing suicide at work, home and in their communities.

#### How it Works

Implementing ONE at your organization is as easy as 4, 3, 2, 1. Burrell will help you do the following:

- 4** Offer four productions of programming content
- 3** Identify three workplace champions to manage your suicide prevention program and implementation
- 2** Set two goals for your program
- 1** Pledge to help prevent suicide at your organization

### Join ONE

Burrell's involvement and support is at no cost to you, and funded by a suicide prevention grant. Your only investment is of the resources you choose to include, including the time of your team. Additional project funding may be available through Burrell. Ready to learn more or get started? Contact Project Director Rachel Hudson at [rachel.hudson@burrellcenter.com](mailto:rachel.hudson@burrellcenter.com).



## EXAMPLE PROGRAMS FOR COMPANIES & ORGANIZATIONS

### RAISE COMMUNITY AWARENESS

- Host a suicide prevention expert for a presentation/event
- Host a suicide prevention or domestic violence 5K
- Start a book club

### SUPPORT ONE INITIATIVE INFRASTRUCTURE

- Provide meeting space for ONE trainings and events
- Provide food/refreshments for events
- Provide promotional materials for ONE events and projects
- Host an outreach event individual pledge participants can volunteer to support

### CREATE CHANGE WITHIN YOUR ORGANIZATION

- Develop/implement a new policy which supports suicide prevention, domestic violence prevention, and/or mental wellness
- Host/Deliver a training for staff (QPR, Mental Health First Aid, Domestic Violence, host an expert, etc.)
- Provide paid time off for employees to attend a suicide prevention training
- Start a podcast or newsletter

### ENHANCE TREATMENT ACCESS IN COMMUNITY

- Offer a resource or service to the community which individuals could be referred to via ONE (Service provider trained in suicide prevention competencies, e.g., legal, medical, behavioral health safe spaces for persons dealing with circumstances related to suicide to receive affirmative and welcoming treatment)
- Pledging to be a member of a care pathway
- Custom designed project, program, or process for a business





# **BENEFITS & ASSISTANCE FROM BURRELL**

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- Customized Program Development via Workshop
- Quarterly Meetings with Your Program Champions
- Consultation During Life of Program
- Funding Opportunities for Your Program
- Internal Promotion Assistance
- Access to Training Resources, Assessments and Promotional Items
- Recognition as Mental Health Advocate
- Complimentary Access to Inaugural Summit
- Part of a Community Movement





# ORGANIZATION PLEDGE

## What is ONE?

All it takes is one supportive person to save a life. ONE is a program that provides training, awareness and behavioral health services in our communities in order to establish support systems within families, workplaces and schools. We provide hope to those who need it, with the goal of preventing suicide and deaths of despair.

## In support of this mission, our organization commits to the following:

**WE PLEDGE** to care for our fellow human beings.

**WE PLEDGE** to identify one person for ourselves whom we can talk openly and honestly with about hard topics, such as feeling depressed, not feeling okay and thoughts of self-harm.

**WE PLEDGE** to be the one person for someone else whom they can talk openly and honestly about hard topics, such as feeling depressed, not feeling okay and thoughts of self-harm.

**WE PLEDGE** to be publicly identified as a supporter of ONE.

**WE PLEDGE** to be trained in effective suicide prevention techniques.

**WE PLEDGE** to promote healthy conversations about suicide in our homes, workplaces, schools and among friends, and communicate best practices for helping to prevent it.

**WE PLEDGE** to help promote ONE's message via social media, printed collateral or in other ways.

**WE PLEDGE** to donate time and organizational services or resources, as available, to training our communities to engage and assist those who may be contemplating suicide.

**Printed:**

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**Title:**

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**Signed:**

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**Organization:**

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