



**The mission of SAVE is to prevent suicide through public awareness and education, reduce stigma and serve as a resource to those touched by suicide.**

### Research Update

**SAVE's Executive Director publishes: Health Debate, Frustration, or a Field in Chaos?**

I have personally always lived by the adage, "If you don't ask, how can you ever expect to get the answer to your question?" Nearly everyday I talk to families that have lost a loved one to suicide and they ask questions. [Read More](#)

### Event Highlights

#### 2nd Annual Awareness Barrel Racing

My entire life I've been surrounded with people who suffer from mental illness. Friends from middle school to present, family, and myself have been affected by mental illnesses. [Read More](#)



#### An Unfortunate Event Turns Into A Fantastic Outcome

Lauren-Dionne Scott is an international transfer student from South Africa, with an enormous passion and drive to help and influence others! [Read More](#)

### Speak Up and SAVE



**Speak Up and SAVE** is an event that will be hosted in Chicago in honor of my dad, Michael Brent Higby, with the goal to reduce stigma and bring awareness to mental health.

My name is Liz Higby, and I found **SAVE** online and felt the organization had the same values that I wanted to share. [Read More](#)

### Resources

**SAVE** is excited to share with you our updated resources and materials. The image below is just a sample of what we have put together. Please visit [SAVE.org](#) for more information and pricing on all of our resources.



### Education

#### SAVE in Schools

**SAVE** in Schools - a QPR Certified Instructor will present to schools across the country about depression and suicide. Youth mental health awareness is more important than ever. Suicide is the second leading cause of death in teens and youth adults in the US, and suicide rates among youth have continued to increase. [Read More](#)

For price and availability please contact Linda at [lmars@save.org](mailto:lmars@save.org).

#### Self-Care for Suicide Prevention in Children

Suicide does not discriminate against race, religion, gender, sexual orientation, and especially age. In reality, suicide is the 10th leading cause of death in the United States for all ages, being that 1 in 100,000 children aged 10 - 14 dies by suicide each year, according to the CDC and NIMH. The worst part of these statistics?

**Suicide is preventable.**

[Read More](#)

### SAVE Creates Best Practice Tool

**SAVE creates new guidelines for medical examiners/coroners**

SAVE's Executive Director was a guest speaker at the Nat'l Assoc of Medical Examiners annual conference where he presented on new guidelines that **SAVE** created to help medical examiners and coroners talk with families and talk with media. The new guidelines will be released in 2019.

### 2018 Journalism Award Recipients



**SAVE's National Media Award & Minnesota Media Award Winners**  
To read each submission, click the images above

This award recognizes excellence in safe and ethical reporting of suicide and honors top journalistic contributions to the public understanding of suicide and mental health. The award is open to all journalists, reporters, and media outlets for audiences in the United States on the topics of suicide and mental health. [Learn More](#)

### Amplify Your Impact!



This year we are fortunate to be a part of a unique matching program through Facebook and PayPal. Nov. 27th is #GivingTuesday and Facebook and PayPal are matching donations on Facebook up to \$7 million dollars. **Mark your calendars today and make your annual gift by visiting our [Facebook page](#) to Amplify Your Impact or create your own #GivingTuesday fundraiser for SAVE.**

Nov. - Dec. 2018



### Event Calendar

January 30, 2019

Dick Beardsley - Speaker presented by SAVE, Bounce Back Program Cokato, MN

February 2, 2019

Speak Up and SAVE Chicago, IL

March 16, 2019

Dueling Pianos Leopolds Mississippi Gardens

Minneapolis, MN

April 13, 2019

30th Annual SAM Event Eden Prairie, MN

May 11, 2019

Rise Above Fest Nashville, TN

May 25, 2019

Emotions in Motion, 5K Run/Walk for Mental Health

Agawam, MA

June 23, 2019

7th Annual PUSH for Awareness Blaine, MN

July 20, 2019

Emotions in Motion, 5K Duluth, MN

July 27, 2019

16th Annual Tour de SAVE Bike Ride Northfield, MN

August 3, 2019

Emotions in Motion Lake Harriett

Minneapolis, MN

August 10, 2019

Ride to SAVE Lives Motorcycle Ride White Bear Lake, MN

August 12, 2019

4Cast4Fun TPC Twin Cities Blaine, MN

For more information visit [www.save.org](http://www.save.org)

Want to organize an event in your city?

Email [Linda Mars](mailto:Linda Mars)

### Meet our newest staff members:

**Kate Adelshiem**  
Program Assistant

**Sharon Knuth**  
Accountant

**Ryan Voelker**  
Event Assistant

**Andrea Wendt**  
Business Manager



### National Outreach Network

SAVE is continuing to expand our National Outreach Network! Are you interested in bringing suicide prevention and awareness to your community? To find out more about the National Outreach Network, [click here](#) or contact [Linda Mars](mailto:Linda Mars).



### Meet Board Member:

**Bill Metz**

Hello! My name is Bill Metz, I have served on the SAVE board for over 10 years. I joined primarily due to lack of prevention services for suicide. [Read More](#)



### UrbanHero Project

Founded from the pain of a mother's loss, SAVE was one of the nation's first organizations dedicated to the prevention of suicide. Purchasing this month's exclusive halo gives help so other can receive help. Learn more about our November UrbanHero partner on our blog.

Click the image above to learn more.



You shop. Amazon gives.

Did you know...When you shop at [smile.amazon.com](http://smile.amazon.com), Amazon donates! Start with a SMILE this Holiday Season. Support SAVE and find all of your holiday essentials - gifts, decorations, and more. When you shop, Amazon gives to **SAVE**.

### Join us as we Push For Awareness

As each year comes to an end, we write a letter that will be read by thousands of people dedicated to preventing suicide across the country. I hope you will take the time to read how students who suffered a loss started an annual event to benefit SAVE. Click the link above. [Click here to help SAVE in our year end Push.](#)

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