

SEPTEMBER 2023

SUICIDE AWARENESS MONTH

Join us in bringing awareness around suicide, its causes and preventions.

WHY PREVENTION MONTH IS IMPORTANT

1. It promotes awareness.
2. It starts a dialogue.
3. It initiates change.

POSTIVE THINKING ACTIVIES

1. Start your day on a positive note.
2. Seek positivity.
3. Meet like-minded friends.



5 TIPS TO HELP SOMEONE IN A CRISIS

1. Ask direct questions.
2. Listen to their answers.
3. Do a safety check.
4. Don't keep this a secret.
5. Ensure they seek professional help.

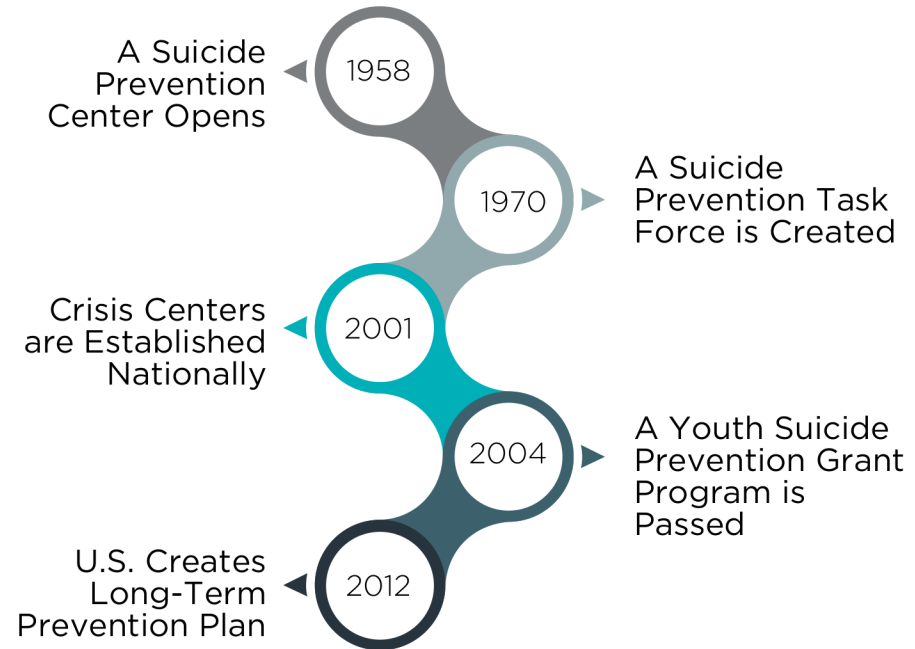
NATIONAL SUICIDE PREVENTION LIFELINE:
1-800-273-TALK (8255)



"No matter what happens, or how bad it seems today, life does go on, and it will be better tomorrow."

- Maya Angelou

NATIONAL SUICIDE PREVENTION MONTH TIMELINE



1 in 15 adults suffer from depression.

80-90% of those people respond positively to treatment.












MONTHLY MENTAL HEALTH GOAL: _____





SUICIDE
AWARENESS
MONTH

SEPTEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					 1	2
3	Relieve stress by learning something new. 4	National Cheese Pizza Day 5 	 6	Weekly Stretch: Triangle Pose 7 	Toxic Stress 8 https://www.talkspace.com/blog/toxic-stress/	9
10	Coping with Stress 11 https://www.talkspace.com/blog/stress-management-techniques/	Relieve stress by taking a break. 12	Positive Thinking Day 13	 14	 Weekly: Stretch: Forward Fold 15	16
SUICIDE AWARENESS WEEK						
17	Weekly Stretch: Downward Dog 18 	 19	Emotional Stress 20 https://www.talkspace.com/blog/emotional-stress/	Relieve stress by going on a walk. 21	National Ice Cream Cone Day 22 	23
24	National YogaFit Day 25	Depression Test 26 https://www.talkspace.com/assessments/depression-test	 27	National Self Awareness Day 28	 Weekly Stretch: Chair Pose 29	30

TO-DO LIST

