



September, 2023

September: Suicide Prevention Month

Suicide Prevention Month is observed annually in September, dedicated to raising awareness about suicide, promoting mental health, and providing resources to prevent suicide. This month-long observance plays a critical role in reducing the stigma surrounding suicide and mental health issues, and it encourages individuals and communities to come together to offer support and resources for those in need.

Back to School: How to help

As students gear up for another school year, it's essential to prioritize their mental well-being along with their academic success. The transition back to school can be both exciting and stressful, and thoughtful strategies can make a significant impact on students' mental health. Considerations for fostering a mentally healthy and supportive school environment as we gear up for a successful school year.

Helpful Tips

Mindfulness and Relaxation: Introduce mindfulness techniques, deep breathing, or simple relaxation exercises. These tools can help manage stress and anxiety.

Discuss Challenges: Address potential challenges they might face and brainstorm strategies to overcome them. Knowing they have a plan in place can alleviate anxiety.

Set Goals: Encourage your child to set realistic goals for the upcoming year. Whether it's improving in a specific subject, making new friends, or participating in extracurricular activities, having goals can provide a sense of purpose.

Celebrate Achievements: Reflect on their achievements from the previous year and celebrate their growth. This boosts their confidence and helps them approach the new year with a positive mindset.



Suicide Prevention Resources

National Suicide Prevention Lifeline (US):

Call 1-800-273-TALK (1-800-273-8255) for free, confidential support available 24/7. The lifeline offers crisis intervention, emotional support, and resources for individuals in distress.

Crisis Text Line:

Text "HELLO" to 741741 to connect with a trained crisis counselor via text. Available 24/7, this service provides support to those who are struggling and in need of immediate assistance.



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