



*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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