

SEPTEMBER COUNSELING NEWSLETTER



SEPTEMBER IS NATIONAL SUICIDE PREVENTION AWARENESS MONTH



KNOW YOUR PART

September is Suicide Prevention Awareness Month. This is a time to raise awareness on this stigmatized topic. Suicide thoughts, much like mental health conditions, can affect anyone regardless of age, gender, or background. We use this month to spread hope and vital information to people affected by suicide. Our goal is to ensure that individuals, friends, and families have access to the resources they need to discuss suicide prevention and to seek help. While suicide prevention is important to address year-round, Suicide Prevention Awareness Month provides a dedicated time to come together with collective passion and strength around a difficult topic. The truth is, we can all benefit from honest conversations about mental health conditions and suicide because just one conversation can change a life.

If you have concerns about your child or a friend of your child regarding suicidal ideation, you can reach out to the counseling department. You can also contact the Crisis Numbers listed below in the general mental health resources.

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BREAK THE SILENCE

Suicide is a topic that can be easily avoided because it makes people uncomfortable, but it does not mean that we should. We all can play a part in someone's life and the first step is to break the silence and have a conversation.

As a friend or family member, creating a safe place to have an open conversation is crucial. Someone who is struggling with suicidal thoughts needs to know that they have a safe place, to be honest with their feelings. A genuine conversation can be the first step toward the healing process. Do not be afraid to start a difficult conversation as it may have the power to help a loved one.

Resources

LINKS

[Suicide Intervention Flyer](#)

[COVID-19 Emotional Support](#)

[Counseling Referral](#)

["Teen Depression" Article](#)

VIDEO LINKS

[Change to Chill Stress Test](#)

[What Is Mindfulness?](#)

[Watch the Hands](#)

[Shattering the Silence](#)