

Mental Health Moment

Presented by the Counseling Department

SUICIDE PREVENTION MONTH

Suicide Prevention Month is addressed annually each September, but EVERY MONTH is suicide awareness month. There are many myths surrounding suicide, suicidal ideation, and more. Awareness is key to helping someone through their darkest days if they are contemplating suicide. You may save a person's life with something you do to help! Every threat of suicide should be treated with dignity and respect for the person making the outcry and every threat should be assessed by a mental health practitioner. You can never be too careful. Each life is precious and every person deserves to live! Remember, if you or someone you know are contemplating suicide, please reach out to a trusted adult on campus (counselor, teacher, coach, admin), make a report using P3 Campus, speak with an SRO, or call 988 to speak with a crisis intervention specialist. We are here for you!

Sincerely, Your Counseling Team



MYTH #6

People who threaten suicide are just seeking attention. They don't mean it

FACT:

All suicide attempts must be treated as though the person has the intent to die. Do not dismiss a suicide attempt as simply being attention seeking. It is likely that the person has tried to gain attention before and, therefore, this attention is needed. This is a way that they express their distress. The attention that they get may well save their lives and to get them the help that they need.



Scan the code to take a copy:

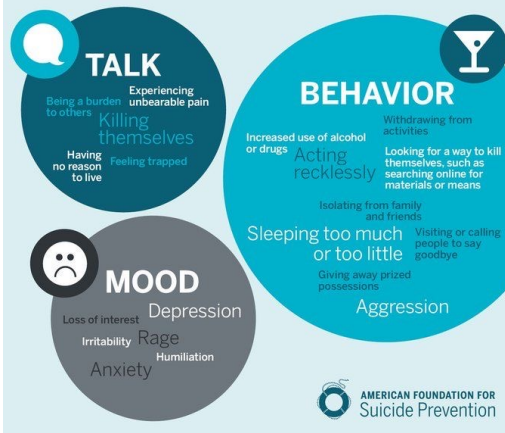


Be The Voice

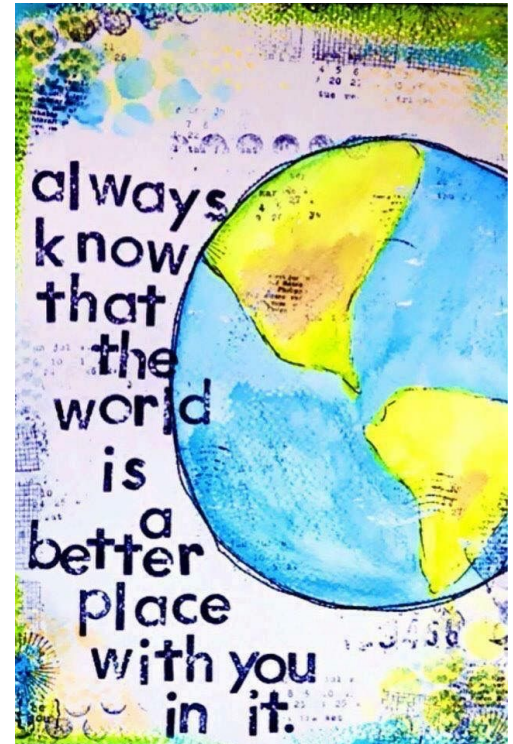
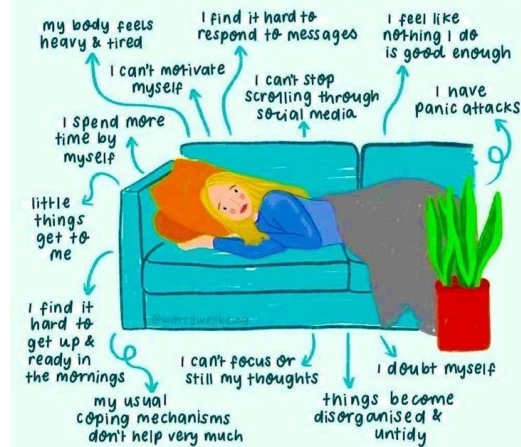


To Those
Whom Are
Afraid To Raise
Their Own
#suicideawareness

SUICIDE WARNING SIGNS



SIGNS I'M STRUGGLING



Remember
the times
you could have
pressed quit -
but you hit
continue

-Shane Koyczan

Suicide Prevention Lifeline: 1-800-273-8255

Crisis Text Line: Text HOME to 741741

Online Chat: www.imalive.org

Hopeline Network: 1-800-442-HOPE

e Trevor Project (LGBTQ): 1-866-488-7386

BlessingManifesting

Just a reminder
In case your mind is playing
Tricks on you today.

You matter.
You're important.
You're loved.

And your presence
On this earth makes a
Difference whether

You see it
Or not.

new!!

Your
story
isn't over

DIAL **9-8-8** FOR
MENTAL HEALTH
HELP

I HAVE TIME
TO LISTEN

YOUR LIFE MATTERS