

Mental Health Moment

Presented by the Counseling Department

Suicide Awareness Month

While this month is dedicated to bringing awareness to suicide prevention, this is an ongoing effort all year long. Every day your school counselors support students who are experiencing some form of suicidal ideation or self-harm. We work with you and your friends all year long to bring you hope, shed light where you are in darkness, and equip you with resources you need to stay alive. We hope that this edition of our Mental Health Moment inspires you for days, weeks, and months ahead to provide you with insight and tools to combat suicide. We are here to help if you need it! Don't hesitate to ask for help. Break the stigma!

Sincerely,

The Counseling Team

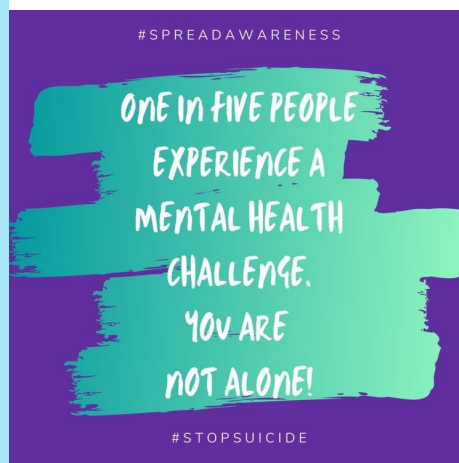
SUICIDE PREVENTION AWARENESS MONTH

1-800-273-TALK (8255)

HOW CAN YOU HELP SOMEONE WHO IS STRUGGLING?

Don't minimize their feelings.
Listen and hold space.
Be their advocate.
Ask them what they need.
Encourage them to take care of themselves.
Share your story.
Let them know they aren't a burden.
Point them in the direction of helpful resources.
Help them create a Stay Safe Plan.

Blessing Manifesting



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

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

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Scan the code to take
a copy:



“TOO OFTEN WE UNDERESTIMATE THE POWER OF A TOUCH, A SMILE, A KIND WORD, A LISTENING EAR, AN HONEST COMPLIMENT, OR THE SMALLEST ACT OF CARING, ALL OF WHICH HAVE THE POTENTIAL TO TURN A LIFE AROUND.”
— LEO BUSCAGLIA



Be kind because a mental illness can be easier to hide than a broken arm. Be kind because it could be the difference between someone having a reason to carry on and someone having a reason not to.

Wellbeingsidekick.com

Everyone has a story that will break your heart. And, if you're really paying attention, most people have a story that will **bring you to your knees.**

Brené Brown

Place your hand on your heart. Feel that? That's called purpose. You're alive for a reason. Don't forget that.

Tell the story of the mountain you climbed. Your words could become a page in someone else's survival guide.
Margan Haper Nichol



IF YOU SEE SOMEBODY THAT'S **HURTING** DON'T LOOK AWAY

And if you're hurting, even if it might be hard, try to find that bravery within yourself to dive deep and go tell somebody and take them up in your head with you.

-Lady Gaga

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