

NATIONAL SUICIDE
PREVENTION MONTH

YOUR MENTAL HEALTH MATTERS

SEPTEMBER IS NATIONAL SUICIDE
PREVENTION MONTH. KEEP IN MIND
PREVENTION IS – ONE
CONVERSATION, ONE INTERACTION,
ONE RESOURCE AT A TIME

TIPS FOR BUILDING RESILIENCY

Create space for open communication

Peer support and close social networks

Social and community connectedness

Health living

Healthy self-esteem and a sense of purpose

#SMCISDcares

