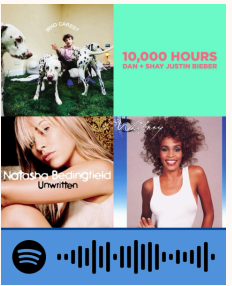




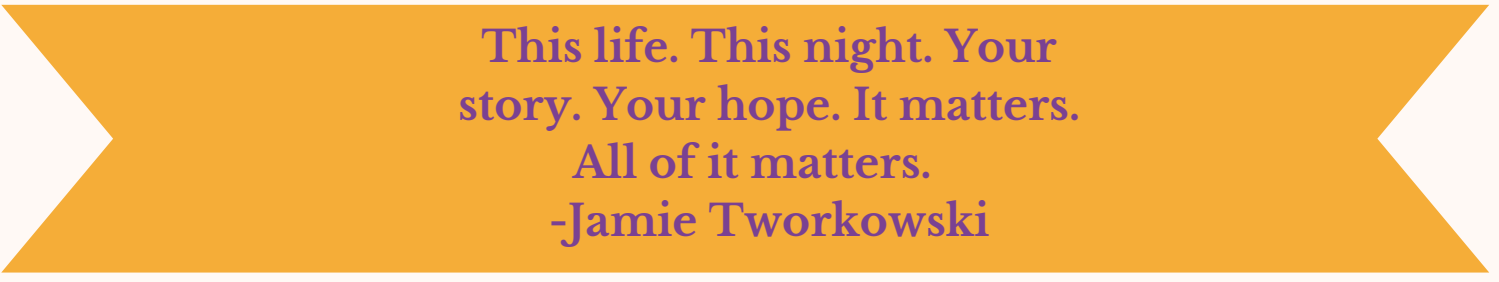
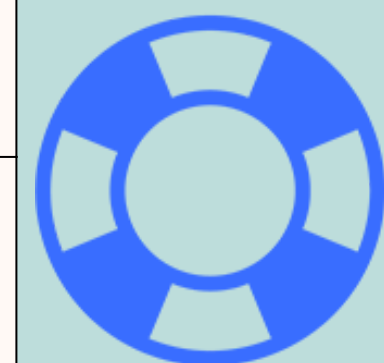


# September is Suicide Prevention Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		3 Call a friend you haven't spoken to in a while	4 <u>Order NAMI's first book: You Are Not Alone</u>	5 Log off of social media for a day	6 Share this calendar with someone you love	7 Go for a walk	
	9 <u>What is 988 and how does it work?</u>	10 Eat your favorite snack 	11 The Smile Experiment: You smile; they smile 	12 <u>Register for a QPR training with Amplify.</u>	13 refer a friend to a training this month	14 Watch a movie that makes you laugh	
15 <u>Register for KV Golf Tournament on 10/7</u>	16 Check on a neighbor	17 <u>Why We Didn't Tell You w/NAMI</u>	18 <u>Columbia Lighthouse Project, 9-10:30am</u>	19 Get outside	20 Find out if your community has a postvention response plan	21 <u>Register for the Out of the Darkness Walk 10/20</u>	
22 <u>Believe 208 5K</u>	23 Create a peaceful space in your office or home	24 <u>Youth Mental Health First Aid 9:00-4:00 at Amplify</u>	25 Take a long relaxing shower/bath	26 Check in with yourself	27 <u>Join our Regional Suicide Advisory Board!</u>	28 Make a vision board with a friend	
29 Compliment a stranger	30 <u>Envision a world with Zero Suicide</u>	 <p>This life. This night. Your story. Your hope. It matters. All of it matters. -Jamie Tworkowski</p>				<p>9/1 Click &amp; Download our Amplify playlist on Spotify 9/8 Click &amp; Donate to the 988 Initiative</p>	



**American Foundation for Suicide Prevention**