Hopi Behavioral Health Services I'm for Life Program is coordinating run/walk events, zoom presentation, and activities throughout the month of September to bring awareness and education to our Hopi/Tewa people regarding Suicide Prevention.

SEPTEMBER 2021

*EVERYONE HAS A ROLE IN SUICIDE PREVENTION!*

*TAKE THE CHALLENGE TO EDUCATE YOURSELF ON SUICIDE PREVENTION*

If you would like to send pictures of the activities you implemented please send to Chardy@hopi.nsn.us or BScott@hopi.nsn.us



NATIONAL SUICIDE PREVENTION MONTH

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| --- | --- | --- | --- | --- | --- | --- |
| S U N | M O N | T U E | W E D | T H U | F R I | S A T |
|  |  |  | 1**I'm for Life Run/Walk Moenkopi Comm. Center 6:00 PM****EDUCATE YOURSELF ON SUICIDE PREVENTION!** | 2**Self Care & Resilience Presentation By Joe Baca****9:00am-10:00am** | 3**Thank someone for the happiness they have brought into your life** | 4**Family Movie Night** |
| 5**You are important, Your feelings matter, Your story matters, Your life matters!** | 6**Reflect on what makes you special (letter to self)** | 7**I'm for Life Run/Walk Peace Academic Center 6:00 PM** | 8**2021 Indigenous Youth Suicide Prevention Conerence Sponsored by Native American for****Community Actions (NACA)** | 9**2021 Indigenous Youth Suicide Prevention Conerence Sponsored by Native American for****Community Actions (NACA)** | 1 0**2021 Indigenous Youth Suicide Prevention Conerence Sponsored by Native American for****Community Actions (NACA)** | 1 1**Once you choose hope anything's possible!** |
| 1 2**You are more precious to this world than you'll ever know!** | 1 3**Andrea's presentation** | 1 4**Lexis Presentation** | 1 5**Make dinner together as a family** | 1 6**Perform a random kind of kindness** | 1 7**Do something creative with your family** | 1 8**Trust yourself!****You've survived a lot, and you'll survive whatever is coming!** |
| 1 9**Family Dinner** | 2 0**Self Care & Resilience Presentation By****Joe Baca 9:00am-10:00am** | 2 1**Family walk/run** | 2 2**Read a book to your child/neice/nephew/ grandchild** | 2 3**Safe Talk Presentation By Aeon & Charmayne First Mesa Youth Center @1:00pm** | 2 4**Call a family or friend you haven't spoke to in awhile.** | 2 5**Your time can change a life!** |
| 2 6**Stay Positive!****Better days are on their way!** | 2 7**Lexi presentation** | 2 8**Make a dessert with your family** | 2 9**burn candle or release balloon with message** | 3 0**Wear teal shirt day** |  |  |

**For any questions please call (928) 675-8056 or email Bscott@hopi.nsn.us/Chardy@hopi.nsn.us**

