SEPTEMBER 2021



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.

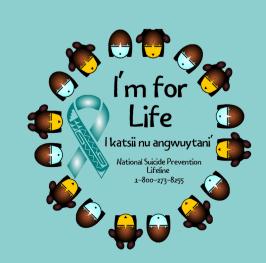
EVERYONE HAS A ROLE IN SUICIDE

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						
)	SUN	MON	TUE	WED	THU	FRI	SAT
l				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	JThank someone for thehappiness they havebrought into your life	4 Family Movie Night
	5 National Suicide Prevention Life- line number 800-273-8255	Reflect on what makes you special (letter to self)	7 I'm for Life Run/Walk Peace Academic Center 6:00 PM	2021 Indigenous Youth Suicide Prevention Conference Sponsored by Native American for Community Actions (NACA)	2021 Indigenous Youth Suicide Prevention Conference Sponsored by Native American for Community Actions (NACA)	Wear Yellow Suicide Prevention Day	Once you choose hope anything's possible!
	You are more precious to this world than you'll ever know!	Suicide Prevention 101 Presentation by Andrea Joshevama 6:00pm-7:00pm	14 The Journey Isn't Over Presentation by Lexie Michael James 10:00am-11:00am	Make dinner together as a family	Perform a random kind of kindness	Do something creative with your family	Trust yourself! You've survived a lot, and you'll survive whatever is coming!
	Family Dinner	20 Self-Care & Resilience Presentation by Joe Baca 9:00am-10:00am	21 Family walk/run	Read a book to your child/niece/nephew/ grandchild	23 Safe Talk Presentation by Aeon & Charmayne First Mesa Youth Center @1:00pm	24 Call a family or friend you haven't spoken to in a while.	25 Your time can change a life!
	26 Stay Positive! Better days are on their way!	27 The Journey Isn't Over Presentation By Lexie Michael James 10:00am-11:00am	Make a dessert with your family	Take care of yourself SELF CARE	30 Wear teal shirt day		

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