

SEPTEMBER 2021

NATIONAL SUICIDE PREVENTION MONTH



SUN	MON	TUE	WED	THU	FRI	SAT
			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 National Suicide Prevention Life- line number 800-273-8255	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 Conference Sponsored by Native American for Community Actions (NACA)	9 2021 Indigenous Youth Suicide Prevention Conference Sponsored by Native American for Community Actions (NACA)	10 Wear Yellow 	11 Once you choose hope anything's possible!
12 You are more precious to this world than you'll ever know!	13 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	15 Make dinner together as a family 	16 Perform a random kind of kindness 	17 Do something creative with your family 	18 Trust yourself! You've survived a lot, and you'll survive whatever is coming!
19 Family Dinner 	20 Self-Care & Resilience Presentation by Joe Baca 9:00am-10:00am	21 Family walk/run 	22 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	28 Make a dessert with your family 	29 Take care of yourself 	30 Wear teal shirt day		

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



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