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

NATIONAL SUICIDE PREVENTION MONTH

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|  |  |  | 1 | 2 | 3**Thank someone for the happiness they have brought into your life** | 4**Family Movie Night** |
| **I'm for Life Run/Walk Moenkopi Comm. Center 6:00 PM****EDUCATE YOURSELF ON SUICIDE PREVENTION!** | **Self Care & Resilience Presentation By Joe Baca****9:00am-10:00am** |
| 5 | 6**Reflect on what makes you special (letter to self)**1 3**Suicide Prevention 101 Presentation By Andrea Joshevama 6:00pm-7:00pm** | 7**I'm for Life Run/Walk Peace Academic Center 6:00 PM**1 4**The Journey Isn't Over Presentation By Lexie Michael 10:00am-11:00am** | 8 | 9 | 1 0**Wear Yellow**1 7**Do something creative with your family** | 1 1**Once you choose hope anything's possible!** |
| **National Suicide Prevention Life- line number****800-273-8255** | **2021 Indigenous Youth Suicide Prevention Conerence Sponsored by Native American for****Community Actions (NACA)** | **2021 Indigenous Youth Suicide Prevention Conerence Sponsored by Native American for****Community Actions (NACA)** |
| 1 2**You are more precious to this world than you'll ever know!** | 1 5 | 1 6 | 1 8 |
| **Make dinner together as a family** | **Perform a random kind of kindness** | **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**The Journey Isn't Over Presentation By Lexie Michael 10:00am-11:00am** | 2 8**Make a dessert with your family** | 2 9**Take care of yourself** | 3 0**Wear teal shirt day** |  |  |

*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

