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

S U N

M O N

T U E

W E D

T H U

F R I

S A T

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  | 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** |  |  |

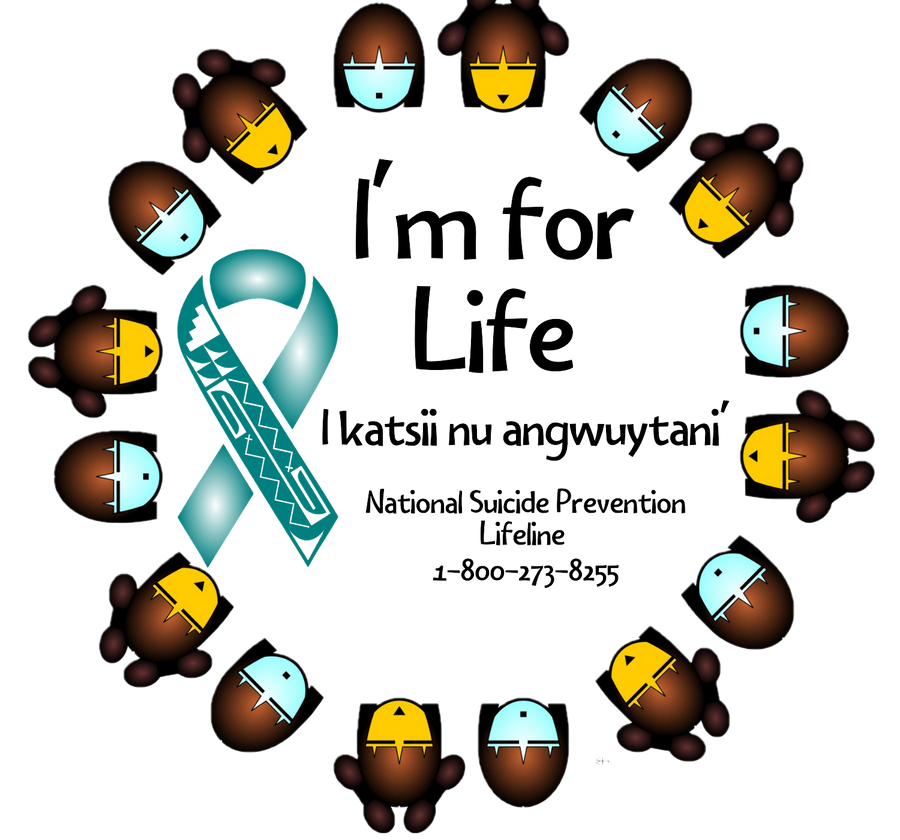
*EVERYONE HAS A ROLE IN SUICIDE PREVENTION!*



*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](mailto:Chardy@hopi.nsn.us) or [BScott@hopi.nsn.us](mailto:BScott@hopi.nsn.us)



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

