



SEPTEMBER 2021

# CAVALIERS CONNECT

PRESENTED BY THE COUNSELING DEPARTMENT

## THIS MONTH:

Suicide  
Awareness  
Month

Start With  
Hello

## SUICIDE AWARENESS

While this month is dedicated to bringing awareness to suicide prevention, this is an ongoing effort all year long. Every day your school counselors support students who are experiencing some form of suicidal ideation or self-harm. We work with you and your friends all year long to bring you hope, shed light when you are in darkness, and equip you with resources you need to stay alive. We hope that this edition of our Mental Health Moment inspires you for days, weeks, and months ahead to provide you with insight and tools to combat suicide. We are here to help if you need it! Don't hesitate to ask for help. Break the stigma!



YOU MATTER.

**YOU ARE  
NOT  
ALONE**

**Remember  
the times  
you could have  
pressed quit -  
but you hit  
continue**

-Shane Koyczan

**Suicide Prevention Lifeline: 1-800-273-8255**

**Crisis Text Line: Text HOME to 741741**

**Online Chat: [www.imalive.org](http://www.imalive.org)**

**HopeLine Network: 1-800-442-HOPE**

**The Trevor Project (LGBTQ): 1-866-488-7386**

BlessingManifesting

## **5 Action Steps for Helping Someone in Emotional Pain**



### **ASK**

Are you thinking about killing yourself?"



### **KEEP THEM SAFE**

Reduce access to lethal items or places.



### **BE THERE**

Listen carefully and acknowledge their feelings.



### **HELP THEM CONNECT**

Save the National Suicide Prevention Lifeline number 1-800-273-8255.




### **STAY CONNECTED**

Follow up and stay in touch after a crisis.

**SUICIDE  
PREVENTION  
LIFELINE<sup>TM</sup>  
1-800-273-TALK (8255)**



[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)



You can start with hello  
In 3 simple steps



SEE  
SOMEONE  
ALONE



REACH OUT  
+ HELP

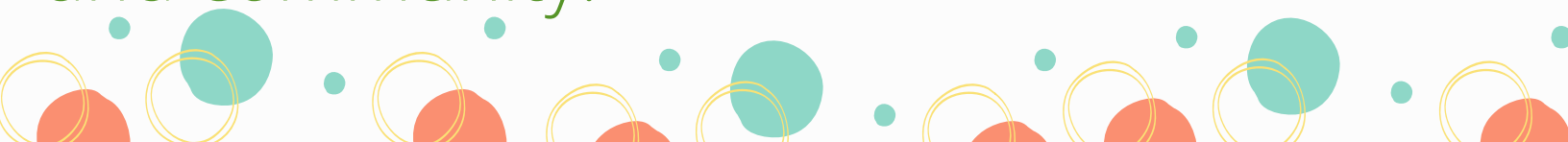


START with  
Hello

**START WITH HELLO WEEK**  
**SEPTEMBER 20-24**

**WHAT IS START WITH HELLO WEEK?**

Start With Hello Week brings attention to the growing epidemic of social isolation and empowers young people to create a culture of inclusion and connectedness within their school, youth organization and community.



# What's Your Hello Style?

