

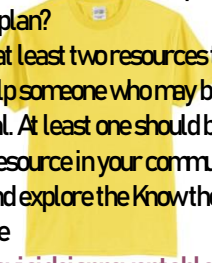






# Bini'ant'áátsoh Goné'é

## National Suicide Prevention Week

September 9 – 15, 2018



<b>Monday</b> <b>9/10/18</b>	<b>Tuesday</b> <b>9/11/18</b>	<b>Wednesday</b> <b>9/12/18</b>	<b>Thursday</b> <b>9/13/18</b>	<b>Friday</b> <b>9/14/18</b>
<p><b>World Suicide Prevention Day</b></p> <p>Light a candle near a window at 8pm to show your support for suicide prevention to remember a loved one and for the survivors of suicide.</p> <p><b>Today's challenge: Take the Quiz!</b></p> <ol style="list-style-type: none"> <li>1. Name five warning signs of suicide.</li> <li>2. It can be dangerous to mention suicide directly to someone who may be at risk. True or False?</li> <li>3. Most people who are thinking about suicide shows some warning signs. True or False?</li> <li>4. What are two things that are important to talk about as part of a safety plan?</li> <li>5. List at least two resources that can help someone who may be suicidal. At least one should be a local resource in your community. Visit and explore the Know the Signs website <a href="http://www.suicideispreventable.org">www.suicideispreventable.org</a> to learn the answers and see how you did.</li> </ol> <p><b>Wear Yellow Shirt</b></p> 	<p><b>National Remembrance Day</b></p> <p>Write a letter to a deployed troop, veteran, new recruit or first responder (<a href="http://www.lettersofgratitude.com">www.lettersofgratitude.com</a>)</p>  <p><b>Wear Red, White &amp; Blue</b></p>	<p>Suicide Prevention Awareness Fun Walk/Run at Pueblo Pintado Chapter 9:00am-11:00am Booths Welcome!</p> <p>Attend a QPR Suicide Prevention Training At Red Lake Chapter in Navajo, NM 10am-12pm Contact Janet Hoskie (928)729-8541</p>  <p><b>Wear Yellow Ribbon</b></p>	<p>Lime green is the official color of mental health awareness</p> <p>Suicide Awareness Prevention Event at Lupton Chapter 5:00pm-6:30pm Booths, Speakers, &amp; 1 mile walk.</p>  <p><b>Wear Lime Green</b></p>	<p><a href="#">Workplace Suicide Prevention Video (link is external)</a></p> <p>The majority of people who die by suicide are of working age, yet most workplaces are relatively unprepared to help employees who are struggling with suicidal thoughts, suicide attempts, or the aftermath of a suicide death. The participation of business leaders is critical to the success of the suicide prevention movement. This video was created by members of the Workplace Task Force.</p>  <p>Mental Health First Aid September 19, 2018 9am-4pm Nahata Dziil/Sanders Chapter Adults Helping Youth Contact Dedra Tsosie (928)729-6826</p>