

September Mental Health Moment: Come Together for Suicide Prevention

September is National Suicide Prevention Awareness Month, a reminder that hope and help are always within reach. Every conversation, every small act of kindness, and every moment of connection can make a difference. This month let's come together as schools and communities to shine a light on hope, healing, and connection. Suicide is preventable, and we all play a role in supporting one another.



Here's how we can all help:

- Notice changes. If someone seems withdrawn, overwhelmed, or unlike themselves, reach out.
- Know the supports. Teachers, counselors, coaches, family, and friends are all lifelines.
- Build safety nets. Schools, families, and friends working together create strong circles of support.
- Keep learning. The more we understand mental health, the better we can respond with care.
- Share hope and stay connected. A simple "I'm here for you" can open the door to healing and can make a big difference in someone's day.



You Are Never Alone.

- Dial or text 988 anytime for the Suicide & Crisis Lifeline.
- Lean on trusted adults, teachers, counselors, and friends.
- Remember—reaching out is a sign of strength, not weakness.

Let's use this month to strengthen our school community's commitment to connection, compassion, and prevention.

Necco therapists can come to your child's school or home to provide discreet counseling in a familiar environment. Contact [Necco.org](https://necco.org) to schedule a consultation today.