



Recognition of National Suicide Prevention Month

Board Meeting
September 16, 2021
Agenda Item No. 8.3

Recognition of National Suicide Prevention Month

September 5-11, 2021 is National Suicide Prevention Week, and

HOW TO REACH OUT TO A FRIEND ABOUT MENTAL HEALTH

Having a conversation about mental health might seem like a daunting task, but it can make a difference. Try one of these opening lines to help make starting the conversation easier.

★ Seems like something's up. Do you wanna talk about what's going on?

★ I noticed you've been down. What's going on?

★ Hey, we haven't talked in a while. How are you?

Questions/Comments