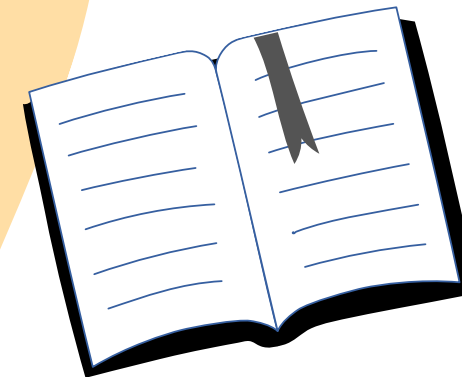
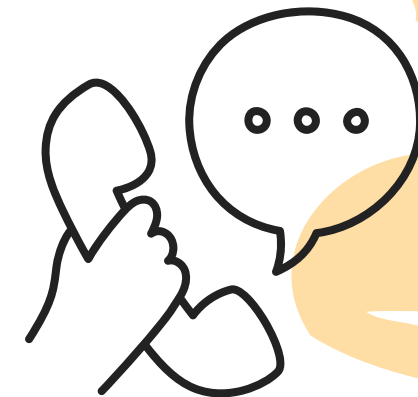




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SEPTEMBER 2022



			SUICIDE PREVENTION AWARENESS MONTH	1 WRITE YOUR FEELINGS DOWN	2	3 TRY AN ACTIVITY JOURNAL
4 SUICIDE PREVENTION WEEK	5 DEPRESSION AND SUICIDE: FACT VS. MYTH	6 FIND A SAFE SPACE	7	8 TRY AN ART FORM	9 TEDDY BEAR DAY	10
11 TALK TO SOMEONE YOU TRUST	12	13 POSITIVE THINKING DAY	14	15	16 SCREAM INTO A PILLOW	17 UTILIZE A HOTLINE
18	19 WHAT TO DO IF YOU ARE FEELING SUICIDAL	20	21 GRATITUDE DAY	22 DEAR DIARY DAY	23	24 TRY SOMETHING NEW
25 TRY AN EXERCISE	26	27 SPEND TIME WITH A PET	28 CRY IF YOU NEED TO	29	30 LOVE PEOPLE DAY	