



Wellness Wednesdays



## Suicide Prevention Awareness Month



(988 is available nationwide for support 24/7, no matter where you live)

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues.

September is Suicide Prevention Awareness Month—a time to raise awareness of this stigmatized, and often taboo, topic. We use this month to shift public perception, spread hope and share vital information to people affected by suicide. Our goal is ensuring that individuals, friends, and families have access to the resources they need to discuss suicide prevention and to seek help. For more information:

[Suicide Prevention Awareness Month \(SPAM\)](#) | [NAMI: National Alliance on Mental Illness](#)

If you would like more information or want to speak with your HTC Team about Wednesday Wellness, please contact Diane or Alicia at (208) 381-2782.