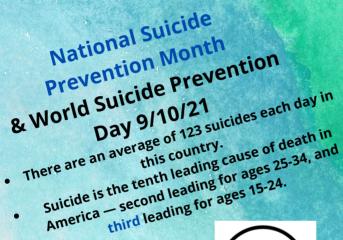
September 2021

Welcome back PJHS! Character Trait of the Month: EMPATHY

"Empathy is simply listening, holding space, withholding judgment, emotionally connecting, and communicating that incredibly healing message of you're not alone." – Brene Brown





d 9/11/21 National Day of Service & Remembrance: In observance of the 20th anniversary of the 9/11 attacks, let's transform the anniversary of 9/11 into a a day of unity and "good deeds" to help those most in need.



Resources: National Suicide Prevention Lifeline: 1-800-273-TALK (8255) Text 4 Teens: 845-391-1000 Orange County Crisis Call Center: 311 or 1-800-832-1200 PJHS Guidance Department



There are actions we can take to prevent suicide. The Lifeline Network and its partners are working to change the conversation from *suicide* to *suicide prevention*; to actions that can promote healing, help and give hope! Remember A.B.C. if you are concerned about someone-

ASK...Research shows people who are having thoughts of suicide feel relief when someone asks after them in a caring way.

BE THERE... Individuals are likely to feel less depressed, less suicidal, less overwhelmed, and more hopeful after speaking to someone who listens without judgment. **CONNECT...** Help someone at risk connect to resources and individuals for support and safety. This can help them take positive action and reduce their feelings of hopelessness.