

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

**National Suicide
Prevention Month
& World Suicide Prevention
Day 9/10/21**

- There are an average of 123 suicides each day in this country.
- Suicide is the tenth leading cause of death in America — second leading for ages 25-34, and **third** leading for ages 15-24.



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 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.