

## September - Suicide Prevention Month Information

Dear Parents,

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 should not be considered normal and often indicate more serious issues.

September is Suicide Prevention Awareness Month — a time to raise awareness on this stigmatized, and often taboo, topic. In addition to shifting public perception, we use this month to spread hope and vital information. Our goal is ensuring that individuals, friends and families have access to the resources they need to discuss suicide prevention and to seek help if needed. Throughout the month, students will see inspirational quotes, participate in activities, and know there is always someone they can talk to at Gross Catholic High School.

***Week of September 5-*** Informational fact sheets will be placed on each lunch table providing facts and warning signs of suicide. Students will also be encouraged to take a yellow bracelet and write the name of someone who is special to them.

***Week of September 12*** - Sept 14th will be our “Lunch on the Lawn” day. Students can pack their own cold lunch or they can purchase a hot lunch. The hot lunch option for this day will be Chick-fil-A. Students will need to purchase their hot lunch prior to the Sept 14th date. The lunch will cost \$5 and will include one sandwich and chips. Tickets will be sold during lunch on Sept 7,8,12,13. Students will take their lunch outside to enjoy God’s creation with their Cougar Family. Students are encouraged to bring blankets or beach towels to sit on the lawn outside the north doors of the school building. This is a day to build community and show support for one another.

***Week of Sept 19*** - Sept 21st is Mission Day. Part of this day will include a speaker from the American Foundation for Suicide Prevention. The focus of this presentation is to share warning signs, where to find resources, and how to have a real conversation. On Sept 22nd, we will launch our new mental health app - Nurture. All students will have access to this app and the counseling team will use this app to monitor the needs of the students. Please ask your student to show you the app once it is installed on their device. Here is some additional information from the company who created this app - [Orah](#)

***Week of Sept 26*** - Students will be invited to the counseling office to share one thing in their life that is worth living for. After sharing, students will be able to put their name into a drawing to win gift cards!

If you have any questions or concerns, please contact Amy D’Angelo or Julie McNamara.

402-734-2000

[dangelo@gcgmail.org](mailto:dangelo@gcgmail.org)

[jmcnamara@gcgmail.org](mailto:jmcnamara@gcgmail.org)

