

SEPTEMBER 2023



PHW Newsletter

September 10 - World Suicide Prevention Day & World Mental Health Day

How to be involved on September 10th

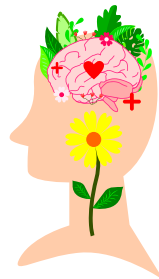
Raise Awareness - One of the most helpful and effective ways we can observe Suicide Prevention Week is by raising awareness of it. We need to reduce the stigma around it and raise awareness so that more and more people can reach out for help.

2. Educate yourself - The best thing we can do is to learn more about it. We need to educate ourselves and facilitate proactive prevention in our communities so that we can shatter the silence around our mental health. Here at PHW we offer ASIST (Applied Suicide Intervention Skills Training), SafeTalk, and ASK (Assessing Suicide in Kids).

3. Look out for others - Most of the people suffering from poor mental health do not reach out for help for fear of being judged or misunderstood. So we need to look out for others and check for warning signs. We need to help people feel heard and understood.

Discover This Month

MENTALITY Gathering
Topics and discussion on
Mens Mental Health
September 29th @ Kerry
Vickar Center
To Register phone Perry
306-752-4950 or email
PerryMRC@outlook.com



Grief Group - EDU-Therapy
\$200
6 weeks in length
Every Tuesday at 7:00 - 8:30 pm
Starting September 26th
(skipping week of October 10th)
Call or text 306-920-8881 or
email
emoss@prairiehopewellness.com

Visit
[@prairiehopewellness.net](http://prairiehopewellness.net)

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