

Coping with Worry and Stress – Wellness Tips



Welcome to your weekly dose of wellness!

Today's Message: **NATIONAL SUICIDE PREVENTION AWARENESS MONTH**

This week's message is Suicide Prevention Awareness. In support of World Suicide Prevention Day, September 10th, nationally we observe Suicide Prevention Awareness for the entire month of September. Every year thousands of individuals die by suicide, leaving behind their friends and family members to navigate the tragedy of loss. Did you know that suicide is the 10th leading cause of death in the US? It's time to learn more about how to help and to get help. Please explore these resources in an effort to learn more about suicide prevention and shed light on this highly taboo and stigmatized topic.



[How Anyone Can Help Prevent Suicide – Tips](#)

[CDC: #BeThereToHelp – Prevention Tips](#)



[America's Health Ranking Statistics](#)

[American Foundation Suicide Prevention – Maryland](#)

[Suicide Survivor's Grief Support](#)

[What to Say and Not Say When a Friend's Loved One Dies by](#)

[Suicide](#)

[Suicide Prevention Lifeline](#)

