

# Wellness Wednesday

Your midweek reminder to prioritize your wellbeing.

4th of September

SEPTEMBER  
**SUICIDE  
PREVENTION**  
AWARENESS MONTH

Click image to the left to check out a Peer Support Pledge - A powerful way to look out for one another.



Click above for a guided meditation on hope.



Click above for tips on recognizing the signs of distress.



Click above for information on helping someone thinking of suicide.



This Week's Affirmation:

Once you chose hope, anything is possible.



In the mood to color? Click the image below and enjoy.

