

Wellness Wednesday

Your midweek reminder to prioritize your wellbeing.

25th of 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 tips on recognizing the signs of distress.



Click above for an article on helping yourself or others when thinking of suicide.



This Week's Affirmation:

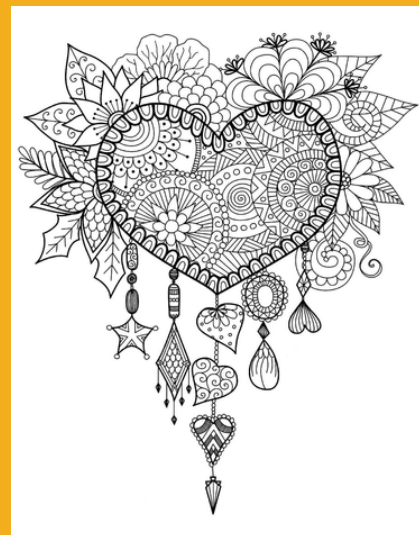
I have the power to be a good friend to others, and the strength to ask for help when I need it.



Click above for a guided meditation on self-compassion.



Click the image above for an article on how & why to ask for help when it's needed.



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