

September is Suicide Prevention Awareness Month!

Join us as we endeavor to Break the Stigma and Connect to Protect. We will have a number of activities to participate in throughout the month to raise awareness on suicide, the impacts of suicide on our formations, individual efforts to improve suicide safety in our community and introspective ways to improve our connectedness to those around us.

ACTIVITIES:

- ◆ Governor's Proclamation - September Suicide Prevention Awareness Month - State Capital @ 1000
- ◆ Information table - JFHQ and Kearney AFRC
- ◆ Suicide Affects Us All Board - visual depiction of those in our formation affected by suicide - JFHQ atrium & Kearney AFRC - Picture opportunity 30 September @1330
- ◆ Run Against the Stigma - Individual run/walk log for the month of September with additional activities to help people better connect with themselves and those around them! This is an individual Challenge with prizes - post pictures to let people know you are participating!

Brown Bag Lunch and Learn Opportunities @ JFHQ Atrium (lunch is NOT provided)

- ⇒ 1 Sep - 1200-1300- Gina Moulas, BSN, RN-BC - VA Nebraska - VA REACH Program
- ⇒ 8 Sep - 1200-1300 - Jocelyn Kuta, Suicide Prevention Coordinator - Talk Saves Lives
- ⇒ 22 Sep - 1200-1300 - Chris Hansen, Leadership Harbor - Bullying and Suicide Prevention

Community "Out of the Darkness" Walks - <https://afsp.org/chapter/Nebraska#events>

Beatrice - 9/18 - 1200 - 1530

Omaha - 9/18 - 1100 - 1400

Sidney - 9/19 - 1600-1800

Grand Island - 9/25 - 1930 - 2100

North Platte - 10/3 - 1600 - 1800

Kearney - 10/9 - 1100 - 1230

Columbus - 10/23 - 1400 - 1600



Connect to Protect: Support is Within Reach

#BeThere

