

## September is Suicide Prevention Month

Light a candle on September 10<sup>th</sup> in remembrance of someone who lost their life to suicide.



Practice loving kindness to yourself with these tips: [10 Mental Wellness Tips to Improve Your Mental Health | HealthyPlace](#)

Coping with Stress Tips: [https://www.cdc.gov/mentalhealth/stress-coping/cope-with-stress/index.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fdaily-life-coping%2Fmanaging-stress-anxiety.html](https://www.cdc.gov/mentalhealth/stress-coping/cope-with-stress/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fdaily-life-coping%2Fmanaging-stress-anxiety.html)

If you are struggling, help is just a phone call/text away. Contact 610-236-0530 or text 484-816-ruok (7865). For Veterans Assistance, contact The National Suicide Prevention Line at 1-800-273-8255. That's 1-800-273-8255, option 1.