



SEPTEMBER IS SUICIDE PREVENTION AWARENESS MONTH

SUICIDES ARE PREVENTABLE!!

EVERYONE CAN HELP PREVENT SUICIDES BY:

TALKING OPENLY ABOUT THEIR OWN MENTAL HEALTH

- If you know someone who is struggling, connect them with resources including SELF-CARE & suicide prevention tools
- help your loved one get to the ROOT cause of past unresolved traumas
- understand that sometimes nutrition gaps may be at the root of the problem because meds deplete the body from needed nutrients

For additional resources, please contact

augusta@johnsantoscharitableorganization.org / 908-938-0392