



SEPTEMBER IS
NATIONAL
SUICIDE PREVENTION
AWARENESS MONTH



The João José 'John' Santos
Charitable Organization

From STIGMA to EDUCATION
'Bringing depression and suicide
prevention into the spotlight'

www.johnsantoscharitableorganization.org

A suicide prevention plan that really works is to:

Get to the **ROOT** cause of past unresolved
problems & traumas

People struggling with mental health challenges
NEED to understand that:

Nutritional gaps may be at the **ROOT** of their
problem because meds deplete **KEY** nutrients

Healing is indeed possible! There is **HOPE!**

All are welcome to join our **FREE** bilingual
weekly webinars at **7:30PM**. Be Inspired/hear
stories about Resilience & **HOPE!**

ENGLISH

Sept. 1st, 16th, 30th

PORTUGUESE

Sept. 23rd

SPANISH

Sept. 8th

For zoom link/questions: 908-938-0392
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