



# Spilling the Tea at CWC

## September is Suicide Prevention Awareness Month.

Each September, The National Alliance on Mental Illness (NAMI) recognizes Suicide Prevention Month as a time to raise awareness, spread hope, and spark meaningful action around one of the most urgent mental health issues of our time.

**This month: Start a Conversation. Be the Difference.**

With one conversation, asking someone how they're really doing — and being ready to truly listen — can save lives. Because here's what we know: No one has to face this alone. Help exists. Healing is possible. And all it can take is for one person to start a conversation.



If you need to talk, call or text the 988 Lifeline. At the 988 Suicide & Crisis Lifeline, we understand that life's challenges can sometimes be difficult. Whether you're facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to, our caring counselors are here for you. You are not alone.



Throughout September, CWC encourages you to spread hope and start the conversation with others, by starting with "Hello".

Support is available on campus. Call Nicole Schoening, Counselor @ 855-2011 to learn more.