

ASK MONTH

WORLD SUICIDE PREVENTION



Monday, September 10

We will have mental health awareness resources and pledge day!

12:00pm - 1:00pm • Student Center

Thursday, September 13

Chat N Chew! Lets talk about the many mental health stigmas in a safe space. Free Chick-Fil-A!

12:00pm - 1:00pm • C227

Tuesday, September 11

Join us for a day of tranquility with therapy dogs, play dough, coloring books, painting and snacks.

11:30am - 1:00pm • C227

Tuesday, September 18 & Wednesday, September 19

Many of us know someone that has lost a friend or relative to suicide or may know someone who is struggling with the thought. Come be a part of a national movement to help prevent suicide by sharing your experiences. Light refreshments will be served. All Students, staff, and faculty are welcome to join this safe environment.

2:30pm - 3:30pm • C227

Wednesday, September 12

Wear what you need bracelets, create a bracelet with a positive word to empower you!

12:00pm - 1:00pm • Student Center



Sock it to Suicide

Socks will be displayed on a clothesline to represent the average suicides the world experiences per day in the Student Center.

#BeThe1toAskCampaign

Join Student Government in by Pledging to #BeThe1toAsk. Visit the Student Center to sign the Pledge Campaign Poster.

