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### **Suicide Prevention Awareness Month**

September is Suicide Prevention Awareness Month. This month should be used to share resources on suicide and encourage others to bring our voices together to advocate for suicide prevention.

If you or anyone you know is having thoughts of suicide, you can contact the National Suicide Prevention Lifeline at (800) 273-8255 or on their [website](#).



### **SEPTEMBER UPDATES!**

It is our pleasure to announce that Trauma Speaks has filed to be an entity with the state of California! We are currently waiting for our tax exemption status so that we can be one step closer to becoming an official non-profit organization. Please continue to show your support by liking/sharing our posts as well as following us on social media!

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*Be heard. Break the stigma.*

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Trauma Speaks  
Los Angeles | CA



## THIS MONTH'S HIGHLIGHTS



### AUGUST MH CHALLENGE GIVEAWAY WINNER!

We recently launched our first Mental Health Challenge and decided to do a mini giveaway! Congratulations to **@plissbaik!**

In addition, we just uploaded our September Mental Health Challenge! Check our website to

download your calendar and don't forget to tag us and use **#TraumaSpeaksMHChallenge!**

### MORE ENGAGEMENT OPPORTUNITIES

We just created a Facebook Group page ([Trauma Speaks](#)) to reach more people in our goal to raise awareness of the importance of mental health as well as provide education regarding mental illness. We are also looking for organizations to partner with and/or sponsor us as we continue to grow as an organization. If you are interested, feel free to reach out via [traumaspeaks@yahoo.com](mailto:traumaspeaks@yahoo.com).



### JOIN THE COMMUNITY!

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