

# September Newsletter



Every September, we honor **National Suicide Prevention Month**, and this year's theme is **Creating Hope Through Action**. This is a call for us to identify warning signs and act toward suicide prevention. It's important to address suicide and its connection with mental health because on average, there are 130 suicides per day. It's also extremely important to reach out and find support. You can find all international suicide hotlines on our [site](#).

## Looking for Volunteers!



We are currently seeking volunteers for these roles: **secretary, content creator & manager**. Email us at [admin@traumaspeaks.org](mailto:admin@traumaspeaks.org) if you're interested!

## Join Our Community

You can always subscribe to our newsletter and follow us on social media to be a part of our community! Keep up with our latest events, blog posts, podcast episodes, and more!

Check out our latest Instagram post on remembering 9/11 and community grief [here](#).

@traumaspeaks  
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