

# September Newsletter



September is Suicide Prevention Month. All month, many unite to promote mental health awareness and education in schools and communities. It's important to address suicide and its connection with mental health because on average, there are 130 suicides per day. It's extremely important to reach out and find support. You can find all international suicide hotlines on our [site](#).

## 7Leaves Back to School Fundraiser



**Thank you to everyone** who made it to our school fundraising event at 7Leaves Cafe in Santa Ana! We really appreciate those who made it IN PERSON (including drive-thru) to participate! Your help will go toward our efforts in expanding mental health and wellness education for the youth. We'll definitely host more fundraisers in the future so keep an eye out on our [website](#) or [Instagram](#) for future events!

## 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!

Also, if you want to donate while ordering your favorite stuff on Amazon, add us (**Trauma Speaks Inc**) on AmazonSmile!

@traumaspeaks

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