

**REACH OUT**

**LISTEN**

**SEEK HELP**



# **SUICIDE PREVENTION**

**AWARENESS MONTH**

**SUICIDE PREVENTION DRESS UP WEEK SEPT. 22-25, 2025**

**SEPT. 22, 2025**

**MINDFULNESS**

**MONDAY:**

**WEAR PAJAMAS OR  
COMFORTABLE  
CLOTHES**

**SEPT. 23, 2025**

**TEAL TUESDAY:**

**WEAR TEAL IN  
HONOR FOR  
SUICIDE  
PREVENTION DAY**

**SEPT. 24, 2025**

**WALK IN SOMEONE  
ELSE'S SHOES  
WEDNESDAY:**

**DRESS UP AS A  
STUDENT/FACULTY/STAFF  
MEMBER OF YOUR CHOICE**

**"WE DON'T KNOW WHAT  
SOMEONE IS GOING THROUGH  
UNTILL WE WALK A MILE IN THEIR  
SHOES"**

**SEPT. 25, 2025**

**TALK ABOUT IT  
THURSDAY:**

**DON'T HIDE BEHIND  
YOUR STRUGGLES**

**WEAR CAMO**

**IF YOU PARTICIPATE PLEASE STOP BY ADMISSIONS AND TAKE YOUR PHOTO**