

September 8, 2020 Daily Church Email

This week is Suicide Prevention Week.

Whether you have had a death in your family or friends from suicide, or currently are concerned about someone's mental health--

"Right now, it's more important than ever that we be there for each other. There are simple steps we can all take to care for our mental health and prevent suicide. From learning the warning signs and knowing what to do if you are worried about someone, to having a real conversation with a friend, to bringing education programs to your community, we all have a role to play in saving lives. Together, we #KeepGoing. Learn more from the American Foundation for Suicide Prevention, at afsp.org/keepgoing ."
" (American Foundation for Suicide Prevention)

With prayers and support,

Pastor Julie

<https://afsp.org/what-to-do-when-someone-is-at-risk>

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