

SEPTEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <u>How can we focus on academic success?</u>	2 <u>Lock Your Screen</u> before you drive! 
3 <u>Dial 988 to prevent suicide</u> 	4 <u>Set a timer, for a quick area cleaning.</u> 	5 Phone a friend, it's Telephone Tuesday! 	6 <u>Know! how to discuss suicide</u>	7 <u>Improve Self-Esteem FAST</u> 	8  <u>End ENDS</u>	9 <u>FETAL ALCOHOL SPECTRUM DISORDERS AWARENESS</u>
10 <u>Start a new hobby!</u> 	11 <u>Mental health matters</u> M o n d a y	12  <u>Nat'l Day of Encouragement: Spread the Love</u>	13  <u>Women Wednesday</u>	14 <u>What behavior changes do I need to look out for?</u>	15 <u>BE CREATIVE</u> 	16 <u>S a t u r d a y</u> <u>stay cation</u> Value family fun
17 <u>Self Care Sunday</u> 	18 <u>World E-book day!</u> 	19  <u>Balance work & play</u>	20 <u>Start Conversations on Responsible Gaming.</u>	21 <u>Say thanks to caring adults on Thankful Thursday</u> 	22 <u>Tap into your inner child...</u>	23 <u>Explore Ohio</u> 
24 <u>Dangers of Social Hosting.</u> 	25 <u>Celebrate Family Day!</u>	26 <u>Law Enforcement Suicide Awareness Day</u>	27 <u>Mensday Wednesday</u> 	28 <u>Understanding Our Anger</u> 	29 <u>FOCUS</u> Friday 	30 <u>Are your internet habits safe?</u>

Click the links for short activities you can do to help support [everyday prevention](#) in your community.

Prevention
Action Alliance

Share on social media
#EveryoneHasARole