



# Recognition of National Suicide Prevention Month

Board Meeting  
September 16, 2021  
Agenda Item No. 8.3

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September 5-11, 2021 is National Suicide Prevention Week, and

## HOW TO REACH OUT TO A FRIEND ABOUT MENTAL HEALTH

*Having a conversation about mental health might be a little awkward, but it can make a difference. Try one of these opening lines to help make starting the conversation easier.*

★ Seems like something's up. Do you wanna talk about what's going on?

★ I've noticed you've been down. What's going on?

★ Hey, we haven't talked in a while. How are you?

Questions/Comments