

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Learn about PERU's Northwest Pennsylvania Veteran Suicide Prevention Program at www.theresilientveteran.org				1 SHARE: The 988 Lifeline with your friends and network.	2 ENGAGE: Attend the Hell or High Seas screening & panel .	3 LEARN: About PA's mental health parity laws .
4 ENGAGE: Join the Caring Message Campaign .	5 SHARE: Join and share our Facebook group .	6 ENGAGE: Register to attend Breaking Bread with Heroes .	7 LEARN: Safe messaging best practices .	8 ENGAGE: Monthly meditation class from the VA.	9 LEARN: About Operation Vet Now (OVN) .	10 ENGAGE: Register for the 11 th annual LOSS conference .
11 LEARN: About Hold My Guns and safe storage.	12 ENGAGE: Review our resources and share new ones.	13 SHARE: The PTSD Self-Screen tool.	14 ENGAGE: Suggest a Veteran for our Person First series.	15 LEARN: Review PA's latest suicide data (2020).	16 SHARE: Our program with a NW PA healthcare office .	17 LEARN: About military sexual trauma (MST) .
18 SHARE: Follow and share our LinkedIn group .	19 LEARN: About the effectiveness of QPR gatekeeper training .	20 LEARN: Traumatic brain injury (TBI) and suicide risk .	21 SHARE: The Resilient Veteran website with friends & co-workers.	22 ENGAGE: Connect us to a community group in NW PA .	23 LEARN: About the Zero-Suicide Framework .	24 ENGAGE: Equestrian lessons for Vets and families.
25 ENGAGE: Explore our media toolkit and send a message.	26 LEARN: About Bodhi Gardens in Erie, PA.	27 ENGAGE: Suggest a nontraditional QPR training site .	28 LEARN: Combat Veterans and suicide .	29 ENGAGE: Sign-up for or share our monthly newsletter .	30 ENGAGE: Register for QPR Gatekeeper training .	
Hashtags to use on social media:	#BeThere	#SuicidePrevention	#YouAreNotAlone	#Resiliency	#CaringMessagesSaveLives	

HOW YOU CAN SUPPORT VETERANS AND THEIR FAMILIES IN NORTHWEST PA

September is National Suicide Prevention Month.

All month, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote prevention and resiliency.

National Suicide Prevention Week is September 4 – 10.

It's a time to share resources and stories, as well as promote suicide prevention awareness and strategies that promote resiliency.

World Suicide Prevention Day is September 10.

It's a time to remember those affected by suicide, to raise awareness, and to focus efforts on directing treatment to those who need it most.