



# WELLNEWS

A MONTHLY WELLNESS NEWSLETTER

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Every September, we come together to raise awareness about suicide prevention and the importance of mental health support. Education helps students and families recognize warning signs, encourage open conversations, and connect those in need with life-saving resources.

Everyone can help with suicide prevention. By learning to listen without judgment, checking in on friends and family, and knowing where to find help, we can make a powerful impact.

This September, let's continue spreading hope, compassion, and awareness. One conversation can save a life.

## Helpful Resources & Podcasts

[Understanding & Preventing Youth Suicide](#)

[SuicidelsPreventable.org](#)

[Up2Riverside.org](#)

[Take Action.](#)



## SMARTPHONE APPS

- [My3](#)
- [What's up safehouse](#)
- [Soluna app](#)
- [Suicide safety plan](#)
- [A friend asks](#)

APP

## CRISIS RESOURCES

### Riverside County Crisis Helpline

(951) 686-HELP (4357)

### Crisis Text Line

Text HELLO to 741741

### Trevor Lifeline

(866) 488-7386 or  
Text START to 678678

### CA Youth Crisis Hotline

(800) 843-5200

### Suicide & Crisis Lifeline

Call **988**

