



# WELLNEWS

## A MONTHLY WELLNESS NEWSLETTER

S E P T E M B E R 2 0 2 6 • I S S U E 9 • V O L U M E 2

### ♥ Every Connection Matters!

Every September, schools and communities across the country recognize Suicide Prevention Awareness Month. This month reminds us that kindness, connection, and hope can make a difference in someone's life.

You don't have to have all the answers to help someone. Sometimes the most important thing you can do is listen, show you care, and encourage a friend to talk with a trusted adult. Remember, you are never alone, and neither are the people around you.

### How Can You Support a Friend?

Sometimes people don't ask for help directly. Here are simple ways you can show someone you care:

- ♥ Check in with a friend.
- ♥ Listen without interrupting.
- ♥ Invite someone to sit with you.
- ♥ Include others in activities.
- ♥ Tell a trusted adult if you're worried about someone's safety.

A kindness can change someone's day!

#### 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**



### DID YOU KNOW?

Many people who are struggling begin to feel better after talking with someone they trust. You don't have to carry difficult feelings alone.

#### Wellness Resources:

[Understanding & Preventing Youth Suicide](#)

[SuicidelsPreventable.org](#)

[Up2Riverside.org](#)

[Take Action.](#)