

September is Suicide Prevention Awareness Month

Warning Signs to Watch For

- Expressing feelings of hopelessness, entrapment, or being a burden to others.
- Talking directly about wanting to die or "ending it all".
- Withdrawing from friends, family, and favorite activities.
- Noticeable changes in sleep patterns or sudden, extreme mood swings.

If you or someone you know is struggling with difficult emotions, depression, or thoughts of self-harm, help is available at any time of year:

- **Call or text 988** to reach the Suicide & Crisis Lifeline (in the U.S. and Canada).
- **Text HOME to 741741** to connect with the Crisis Text Line.
- **Call 1-800-273-8255** if you need alternative access to the lifeline.

International Day of Peace

September 21 is called Peace Day because the United Nations designated it as the [International Day of Peace](#) to commit to global non-violence and conflict resolution.

History and Meaning

- **Establishment:** The [United Nations General Assembly](#) created the day in 1981 to strengthen the ideals of peace within and among all nations.
- **Ceasefire:** In 2001, the UN voted to officially designate the date as a 24-hour period of global non-violence and ceasefire.
- **Action:** The day invites all people and nations to pause fighting, honor a cessation of hostilities, and take practical steps to support peace.