

October 2020

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|--|---|--|
| 27 | 28 | 29 | 30 | 1 Broncos vs Jets 6:20 pm | 2 Barry's Bingo 12-2p Wings 5-7 pm | 3 |
| 4 | 5 Burger Night 5-7 pm Electronic Shooting Range 6-8 pm | 6 | 7 | 8 | 9 Barry's Bingo 12:00-2:00 pm | 10 Pool Tourney 2 pm |
| 11 Broncos vs Patriots 11 am | 12 | 13 Home Board Meeting – 4 pm | 14 Post and Auxiliary Meetings – 7 pm | 15 | 16 Barry's Bingo 12:00-2:00 pm Auxiliary Dinner 5-7pm | 17 |
| 18 Broncos vs Dolphins 2:05 PM | 19 Burger Night 5-7 pm | 20 | 21 | 22 | 23 Barry's Bingo 12:00-2:00 pm Asian Chicken Thighs 5-7pm | 24 |
| 25 Broncos vs Chiefs 2:25 PM | 26 | 27 | 28 | 29 | 30 Barry's Bingo 12-2p Philly Cheese Steak Sandwiches 5-7pm | 31  |

SHATTER THE SILENCE

Suicide: the secret you **shouldn't** keep



WARNING SIGNS

- Talking, thinking or writing about suicide
- Talking about feeling worthless or hopeless
- Losing interest in activities
- Using or increasing use of drugs or alcohol
- Any changes from typical behavior



If your friend tells you they are having thoughts of suicide...

WHAT TO DO

- Be honest and express your concern
- Listen and offer support
- Take them seriously
- Offer to accompany them to seek help

WHAT NOT TO DO

- Think it will go away
- Keep it a secret
- Think nothing can be done
- Think you can fix it all by yourself

TALKING through feelings with your friends and trusted adults can help you realize the need for **HELP**. By showing **CONCERN** and **SUPPORT**, you can **ENCOURAGE** your friend to talk to their parents or another trusted adult about getting help.

WHERE TO GO FOR HELP OR INFORMATION

- Go to the nearest emergency room
- Call 911
- Visit www.dmh.ms.gov
- Call the National Suicide Prevention Lifeline at 1.800.273.TALK (8255)
- Call the Department of Mental Health at 1.877.210.8513