**Saturday: Today is World Suicide Prevention Day and the theme is**

**“Connect, Communicate, Care”**

This theme couldn’t be more appropriate as we close a week focusing on learning more about suicide prevention and how we can support friends, relatives and people experiencing challenges in our communities.

**Connect:** reach out to someone who has been distressed or experienced challenges in their life.

**Communicate:** Let them know you are concerned about them and want to help. Listen.

**Care:** Spend time together face-to-face doing something enjoyable and relaxing. If they need professional help, offer to go with them to an appointment or sit with them while they make a call.

Find out more about World Suicide Prevention Day here: [www.iasp.info/wspd/](http://www.iasp.info/wspd/)

**Daily Challenge:** Post and tweet broadly through social media venues that you use. “Today is World SP Day. Connect. Communicate. Care.” Add information about something you’re planning to do on Saturday to observe World Suicide Prevention Day, and maybe a few suggestions for others.

One suggested activity includes lighting a candle, near a window at 8 PM in support of World Suicide Prevention Day, suicide prevention and awareness, survivors of suicide and for the memory of loved lost ones. Find “Light a Candle Near a Window at 8PM postcards in various languages at: [**goo.gl/9Ic1en**](http://goo.gl/9Ic1en)