**Send Date:** Tuesday, September 8th, 2020

**Email Subject: “**Suicide Prevention Week 2020: Fostering Resilience”

**Resilience** is defined as the capacity to recover quickly from difficulties; the ability of a substance or object to spring back into shape, an ability to recover from or adjust easily to adversity or change. A strong protective factor, resilience is about the ability to withstand or rebound from challenges.

This year’s Suicide Prevention Week kit places a focus on building resilience through Social and Emotional Learning. Social and Emotional Learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. The skills and strategies that are gained through SEL have been shown to increase protective factors and reduce risk factors associated with suicide. You can learn more about Social and Emotional Learning [here](https://emmresourcecenter.org/children-and-suicide-prevention).

Today, strengthen your community by promoting resilience to those around you:

* Share the drop-in article to promote self-care tips for parents.
* Take time out of your day to practice self-reflection and self-awareness by journaling. You can encourage youth or young adults to do the same by sharing the [Each Mind Matters Hope Journal Bookmark Activity.](https://emmresourcecenter.org/resources/hope-journal-bookmark-activity)
* Promote and screen youth created short fims about mental health and suicide prevention from [Directing Change](https://www.directingchangeca.org/films/). Share via social media or host a virtual screening and discussion panel.
* Promote different ways parents and educators can incorporate social emotional learning into family, school, club and other activities and distance learning.
* Partner with someone in your community and offer a virtual art or painting class for families

Find even more activities in [Each Mind Matters Suicide Prevention Week 2020 Kit here](https://www.eachmindmatters.org/spw2020/).

Connect with Each Mind Matters and thousands throughout the country during Suicide Prevention Week and National Recovery Month online by tagging @EachMindMatters and usings hashtags #EachMindMatters #SuicidePreventionWeek2020 #NationalRecoveryMonth #KnowTheSigns