



Suicide Prevention Week “Reconnect” Activity Challenge!



Challenge #1: Reconnect and Create a Safe Space



Challenge #2: Find the (Cross) Words



Challenge #3: Like & Learn about a Suicide Prevention Resource



Challenge #4: Pause and Take A Breath



Challenge #5: Light a Candle for World Suicide Prevention Day on September 10

All challenges completed? Post a picture to your social media accounts with the hashtag #Reconnect #SuicidePrevention. Not on social media? Email the card to info@suicideispreventable.org. The first 25 posts or emails received before September 30, 2021 will receive a Mental Health Thrival Kit!



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