

Moments of Serenity

September 2025

National Suicide Prevention Month

This Suicide Prevention Awareness Month, join @NIMHgov in raising awareness by sharing resources and information grounded in the latest research. Together, we can save lives—by sharing science, sharing hope, and fostering compassion.

It's important to recognize the signs of someone in distress and take action. Reaching out, listening without judgment, and connecting others with professional support can truly make a difference. Open conversations about mental health help break the stigma and remind those who are struggling that they are not alone and that help is available.

Even small actions can have a big impact—a kind word, a listening ear, or sharing educational content may bring comfort and hope when it's needed most. By working together, we can create a community where everyone feels seen, valued, and supported.

Let's spread awareness, understanding, and hope far and wide this month and beyond.



#BeThe1To

Spread the #BeThe1To message this National Suicide Prevention Month—and every month after.

The #BeThe1To steps are simple but powerful:

- 👉 Ask directly and listen with compassion
- 👉 Be there without judgment
- 👉 Help keep them safe
- 👉 Stay connected for support
- 👉 Follow up after a crisis or discharge

Together, these actions create hope and connection.

Company Highlight

Jenna Thomas, LCSW

I am passionate about supporting clients on their journey of growth and self-discovery. I specialize in working with young adults, couples, and adolescents, using evidence-based approaches to address anxiety, ADHD, life transitions, grief, trauma, and depression. My goal is to provide a supportive, authentic space where you can feel comfortable being yourself. I offer telehealth evening appointments for your convenience.

