

WOLFPACK NEWS

LIBERTY CREEK MIDDLE SCHOOL PTO

SEPTEMBER 2022

SUICIDE AWARENESS MONTH

WARNING SIGNS OF SUICIDE:

The behaviors listed below may be some of the signs that someone is thinking about suicide.

TALKING ABOUT:



- ▷ Wanting to die
- ▷ Great guilt or shame
- ▷ Being a burden to others

FEELING:



- ▷ Empty, hopeless, trapped, or having no reason to live
- ▷ Extremely sad, more anxious, agitated, or full of rage
- ▷ Unbearable emotional or physical pain

CHANGING BEHAVIOR, SUCH AS:



- ▷ Making a plan or researching ways to die
- ▷ Taking dangerous risks such as driving extremely fast
- ▷ Withdrawing from friends, saying goodbye, giving away important items, or making a will
- ▷ Displaying extreme mood swings
- ▷ Eating or sleeping more or less
- ▷ Using drugs or alcohol more often

If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.

988 Suicide & Crisis Lifeline
Call or text 988
Chat at 988lifeline.org

Crisis Text Line
Text "HELLO" to 741741



National Institute
of Mental Health

nimh.nih.gov/suicideprevention

UPCOMING EVENTS

- ✓ September 29
Open House
5:00-8:00 PM
- ✓ October 11
Spirit Night @
Papa John's



LADY WOLVES SOCCER

The team ended their inaugural season with a 5-4 win over White House putting them 5th overall in the county. Gilah McDavitt was named to Team 1 All County Team and Emily Shantel and Avery Taylor were named to Team 2 All County Team. Congrats Lady Wolves!



PACK PARTNERS



WOLFPACK NEWS



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NEW MERCH COMING SOON

lcmspto.org



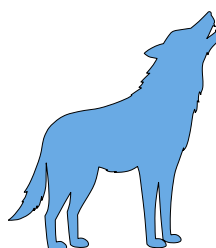
STAY CONNECTED

Email:
libertycreekmiddlepto@gmail.com

Website: lcmspto.org

Instagram & Facebook:
[@libertycreekmiddlepto](https://www.instagram.com/libertycreekmiddlepto)

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We reached our
goal of 100 PTO
members!

*Save
THE
Date*

Lights of Liberty
December 3, 2022
K-12 One Pack
Community Experience

Wolves Winter Woodlands
December 9, 2022
Semi-Formal Dance (6th-8th)



SUPPORT WHILE YOU SHOP

Amazon Smile
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