

Wasco Independence High School

# National Suicide Prevention Week

Lunchtime Activities

September 9th - September 13th

Suicide is the second leading cause of death among young people ages 10-19 in the U.S. Join us in bringing hope to individuals who struggle with thoughts of suicide.

Monday

**#YouAreEnough**

Students and Staff can write a note to someone they know they can count on.

Tuesday

**#LetYourDreamsFly**

Students and Staff can write down a future goal or dream they wish to accomplish.

Wednesday

**#WIHSCares**

Purple Day! Students and Staff show support and awareness by wearing purple.

Thursday

**#YouMatter**

Students and Staff can write positive affirmations about themselves.

Friday

**#WIHSStrong**

Students and Staff unite by wearing school gear/colors.

Make sure to stop by the Suicide Prevention Resource table during lunchtime all week for some goodies!

Contact the  
National Suicide  
& Crisis Lifeline at  
988 (Call or Text)

