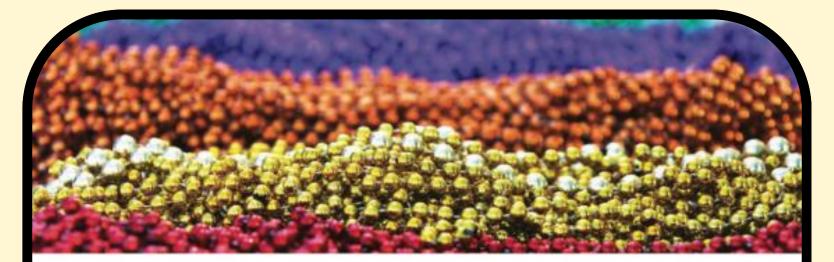
## **SUICIDE PREVENTION WEEK**

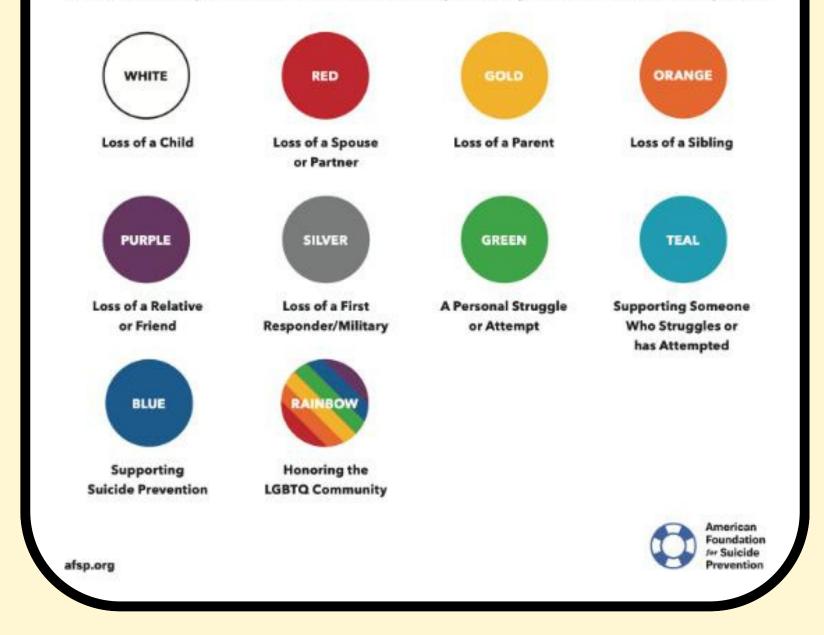
Accessing the links below will help contribute towards the T-Fit 2.0 Wellness Program



## What's Your Color?

Losing someone to suicide or struggling with a mental illness can feel like no one understands what you are going through.

Each color shows our personal connection to the cause and helps us identify others who understand our experience.



Honor Beads Link: <u>here</u>

What is QPR? Link: <u>here</u>

**988 Suicide & Crisis Lifeline** Link: <u>here</u>