

This September, consider how you can use your time, skills, and public health voice to help create hope through action.

Suicide prevention is public health. It extends beyond crisis response to include strengthening social connection, increasing access to care and resources, addressing inequities, reducing stigma, and creating communities where people feel supported and valued.

**EARN YOUR SERVICE CORD**

Turn awareness into action! September is a great opportunity to add to your GPPH Service Cord hours while supporting suicide prevention, connection, and community well-being. Volunteer. Serve. Track your hours. Make a difference.

learn how you can earn your service cord

<https://success.une.edu/public-health/service-cord/>



- Volunteer with a local crisis center, mental health organization, community program, or organization working to reduce social isolation.
- Mentor a young person through a school, after-school program, Big Brothers Big Sisters, or another youth-serving organization.
- Support veterans and military families through community organizations, outreach programs, or veteran resource centers.
- Volunteer with LGBTQ+ youth organizations that provide safe spaces, mentoring, peer support, or community programming.
- Serve at a homeless shelter, warming center, or outreach program, helping individuals experiencing housing instability feel connected to resources and community.