

HEALTHY STATE SUICIDE PREVENTION MONTH

#BeTheOneto make a difference to a suicidal friend.

Tune into a series of virtual wellness events and activities in support of Suicide Prevention Month at Georgia State.

#BeWellGSU

Wednesday, Sept. 2 @ 1 p.m. — Wellness Wednesday

Find out how to identify the signs of a student in distress, how to reach out and support them and how to connect them with university resources. Health Educator Camila Pham interviews our Coordinator of Crisis Care Dr. Chrisanne Mayer about these important points on a **BeWellGSU Instagram live**.

Tuesday, Sept. 8 @ 6 a.m. — Take Care of Yourself Tuesday

Discover how to use art to help de-stress and improve your mood. Our **BeWellGSU Youtube Channel** video airs at 6 a.m. and is available any time after.

Thursday, Sept. 10 — Walk for Wellness

Grab your phone and get moving with us on **BeWellGSU Instagram live**. We'll walk together from afar and discuss self-care.

Thursday, Sept. 10 @ 6 a.m. — #BeTheOneTo Ask

Learn how to start a conversation with someone you're worried about. Watch our **#BeTheOneTo** video on the **BeWellGSU Youtube Channel** for pointers on being proactive about your friend's and family's mental health. The video airs at 6 a.m. and is available any time after.

Keep learning all month.

Check out our posts from **#BeTheOneTo** on **BeWellGSU Instagram** throughout Suicide Prevention Month. Our digital magazine, available at **bewell.gsu.edu**, is another excellent resource with articles on a variety of wellness topics.



Be Well Panthers

The support you need to succeed at Georgia State.

