

## September 2025 - Suicide Prevention Month Information

Dear Parents,

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts should not be considered normal and often indicate more serious issues.

September is Suicide Prevention Awareness Month — a time to raise awareness on this very important topic. We use this month to spread hope and vital information. Our goal is ensuring that individuals, friends and families have access to the resources they need to discuss suicide prevention and to seek help if needed. Throughout the month, students will see inspirational quotes, participate in activities, and know there is always someone they can talk to at Gross Catholic High School.

**Week of September 8** - Prayer over the intercom on Sept 10, World Suicide Prevention Day. Lunch Table signs will include 988 Suicide and Crisis lifeline information along with positive messages and reminders on how to care for your mental health. **September 10** - Students attending the Life meeting will be writing positive messages in chalk on the sidewalks leading up to the school as a way to celebrate friendship and the unique gifts and talents of all students at Gross Catholic.

**Week of September 15** - Lunch Table signs will include 988 Suicide and Crisis lifeline information along with positive messages and reminders on how to care for your mental health. **September 17** - A table at lunch will have free items for students. (fidget toys, bracelets, info cards)

**September 24th** - “Lunch on the Lawn” Day - Students can pack their own cold lunch or they can purchase a hot lunch. The hot lunch option for this day will be Chick-fil-A. Students will need to purchase their hot lunch prior to the Sept 24th date. The lunch will cost \$6 and will include one sandwich, chips and a dessert treat. If a student wants an additional sandwich, they would need to pay for 2 lunches. Tickets will be sold during lunch on Sept 17,18,19.

On the 24th, students will take their lunch outside to enjoy God’s creation with their Cougar Family. Students are encouraged to bring blankets or beach towels to sit on the lawn outside the north doors of the school building. This is a day to build community and show support for one another. **Students will also be allowed to wear a purple or teal shirt with casual bottoms to support suicide prevention on this day. (no shorts, unless they are uniform shorts)** If they choose not to wear a purple or teal shirt, they can wear their school uniform.

Parents - At Gross Catholic we partner with Catholic Charities for additional services for our students. A licensed therapist comes to Gross 2 days a week to service students in need. The services are free and confidential. If your student is in need of additional support, please contact Julie McNamara or Kayla VanHaute.

[jmcnamara@gcgmail.org](mailto:jmcnamara@gcgmail.org)

[kvanhaute@gcgmail.org](mailto:kvanhaute@gcgmail.org)

402-734-2000

