

# Join us in recognizing Suicide Awareness Month at these events throughout September.



**World Suicide Prevention Day**  
**September 10, 11 a.m. - 1 p.m.**  
HSC Upper Plaza

UNMH staff have been approved to wear teal or purple or both to raise awareness on this day. We are partnering with the Student Wellness Committee at UNM and HSC Wellness to have a button making event on the HSC Upper Plaza.

**Free Sound Healing Event**  
**September 19, 10 a.m. - 1 p.m.**  
BBRP 1500

**Open to all UNMH staff, faculty, and students.**

The therapeutic sound bath is an instrumental, sound induced meditation and multisensory experience designed to promote deep and lasting relaxation, release whole body tension, calm the mind, reset and restore the nervous system, and supports an overall healthier and balanced state of being and positive state of mind. Often reported benefits include improved quality of sleep, mental clarity and focus, increased energy, emotional release, and headache and pain relief.

**Suicide Awareness and Prevention Resource Fair**  
**September 26, 11 a.m. - 1 p.m.**  
BBRP 1500

This event will bring together up to 10 external and internal partners that offer specified resources and services regarding suicide. Join us for information sharing, snacks, giveaways, and pet therapy.

