



## The Bathroom Sensation That's Sweeping the Nation

I hope you had a good Monday off, Cougars! This week we'll be running a heavier edition of the Potty Mouth, which was meant to be part of last week's edition, hence the strange, unrelated header last week.

### Common Misconceptions

Awareness starts by dispelling your preconceptions about suicide and suicide awareness that may harm the people around you.

- Myth 1 – Talking about suicide encourages suicide. This is absolutely *not* true. Open communication with a trusted adult can help tremendously, but this person must be chosen by the person suffering, not the other way around. Forcing conversation does not help anybody.
- Myth 2 – Younger people who talk about suicide won't actually attempt. Taking someone's plea for help as "just a cry for attention" can have a catastrophic effect on the person's psyche, and they may not ask for help in the future, putting them at more risk. It's better to take it seriously.
- Myth 3 – Only certain people can become suicidal. Some are more at risk of suicide, yes, but anyone can become suicide. Do not discount your feelings. You are not alone.

Please keep in mind I am not a mental health professional, but I am following articles from several. Your needs will vary based on who you are. These are just starting points.

On the back of our school ID cards, there is a phone number and website listed for Safe2Tell if there is something you need to report, for your safety or others. Your reports are anonymous. The website answers commonly asked questions and includes more links to sites like Colorado Crisis Services.

If you want to have a quick, free call with someone, the hotline number is 988 and is available for English and Spanish. They can talk you through your emotions and provide steps for you to take to become safer until your thoughts lessen.

If your suicidal thoughts persist over an extended period, it's important to find someone you can talk to. Your friends might work, but an adult may have more extensive knowledge to help you (but ONLY if you are comfortable with it.) I said it already, but it's extremely important to remember you aren't alone.

### What Can You Do If You Have Suicidal Thoughts?

#### Upcoming Events

Monday 9/16	Tuesday 9/17	Wednesday 9/18	Thursday 9/19	Friday 9/20	Saturday 9/21
Professional Learning Day (No Students) Boys JV Golf Tournament @ Shining Mountain Golf Course (8:30am) Boys Varsity Golf Tournament @ Broadmoor Country Club (1:30pm) Boys C-Team Soccer v Mullen @ Holmes (3:30pm) Boys JV & Varsity v Mullen @ Home (5pm)	Bowling Jamboree @ Peak Bowl (9:30am) Boys JV & Varsity Tennis v Mesa Ridge @ Mesa Ridge (2:30am) Girls Volleyball v Discovery Canyon @ Discovery Canyon (4pm) Varsity Softball v Palmer @ UCCS (4:30pm)	JV Softball v Mesa Ridge @ Holmes (3:30pm) Boys JV Tennis v Air Academy @ Air Academy (4pm) Boys Varsity Tennis v Air Academy @ Home (4pm)	Varsity Softball v Canon City @ Holmes (3:30pm) Boys JV Tennis v Sand Creek @ Sand Creek (4pm) Boys Varsity Tennis v Sand Creek @ Home (4pm) Football @ Turf Field (4:30pm) Boys JV & Varsity Soccer v Doherty @ Doherty (5pm) Varsity Football v Pueblo Centennial @ Garry Barry (6:30pm)	Thespian Movie Night @ Auditorium (6:30pm) Coffee House @ Auditorium (6pm)	Varsity Cross Country Cougar Classic @ Monument Valley Park (9am) JV Football v Pueblo Centennial @ Dutch Clark Stadium (9am) JV & Varsity Softball v Sand Creek @ Holmes (10am) Girls JV & Varsity Flag Football @ Home (11:00am)

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