

MENTAL  
HEALTH  
CAN'T  
WAIT.

**CALL 988**

THRESHOLDS

This service is for anyone (or someone you know) experiencing a mental health emergency, thoughts of suicide, or a substance use crisis.

THRESHOLDS

The 988 Lifeline provides free and confidential support to people in suicidal crisis or mental health-related distress 24 hours a day, 7 days a week, across the U.S.

THRESHOLDS

**Notes:**

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# September

# 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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3	4 Labor Day	5	6	7	8	9
10 Suicide Prevention Day	11	12	13	14	15 Rosh Hashanah	16 Mexican Independence Day
17	18	19	20	21	22	23 Fall begins Celebrate Bisexuality Day
24 Yom Kippur	25	26	27	28	29	30

## Health Tip: *National Cholesterol Education Month*

Everyone can benefit from knowing their cholesterol numbers. Uncontrolled cholesterol is a risk factor for heart attacks and stroke. High cholesterol has no symptoms, you might not know that your cholesterol is too high unless it's measured by a doctor with a blood test. Adults age 20 and older should have their cholesterol levels checked every four to six years.