**Send Date:** Friday, September 11th, 2020

**Email Subject:** “Suicide Prevention Week 2020: Time for Fun and Reflection”

The year of 2020 had initially offered itself up as a year of inspiration: “20/20” refers to optimal clarity and sharpness of vision. However, the challenges that we have experienced so far have tested our resilience and at times dampened our hope. This may be especially true for those who were already struggling with behavioral health challenges. However, throughout difficult times we have also seen that when we work together, we are more powerful than when we act alone. More than ever we believe that we need inspiration and a clear vision of ***Hope, Resilience and Recovery*** to unite us and move us forward.

As we enter into the last few days of Suicide Prevention Week 2020, we encourage you to keep the momentum going. With the remaining months of 2020 how will you continue to broadcast the message that suicide can be prevented and recovery is possible? Take time to reflect upon the principles that we have focused on this year and find ways in which you can continue to inspire yourself, as well as others to embody them.

While reflecting upon this past week, we also encourage you to have fun. Get involved with the activities below:

* Host a virtual (or in person) [Loteria/Bingo Game](https://emmresourcecenter.org/resources/reconozca-las-senales-loteria) or [Trivia Game](https://emmresourcecenter.org/resources/each-mind-matters-trivia-game). Each Mind Matters provides everything you need to host and play, click the links to learn more.
* Make a new connection and partner with a local restaurant or organization.
* Share photos of the past week’s activities on social media or via email and be sure to tag @EachMindMatters.

Find even more activities in [Each Mind Matters Suicide Prevention Week 2020 Kit here](https://www.eachmindmatters.org/spw2020/).

Connect with Each Mind Matters and thousands throughout the country during Suicide Prevention Week and National Recovery Month online by tagging @EachMindMatters and usings hashtags #EachMindMatters #SuicidePreventionWeek2020 #NationalRecoveryMonth #KnowTheSigns