

The Future is Bright: A Week of Suicide Prevention



United Voices for Change is a student led FWISD organization aspiring to use student voice to make a positive change on our high school campuses and in our communities. Understanding that many of our peers struggle with depression and thoughts of suicide and seeing the tragic impact on our friends and the families of students who have died by suicide, we want to positively impact the community by dedicating a week to suicide prevention. “The Future is Bright: A Week of Suicide Prevention” is a week of activities, conversation, and education with the purpose of reducing the stigma of mental illness and educating not only the students of FWISD, but all of Tarrant County about the warning signs of someone at risk of suicide. UV4C students also desire to spread the word that everyone matters, is welcomed in our community and “The Future is Bright!” The suggested activities for campuses September 9th-14th are:

Day	Dress to signify	Activities/Giveaways Planned
Monday, September 9th	Wear green to promote mental health awareness and to destigmatize mental health issues. https://www.nami.org/Get-Involved/Awareness-Events/Awareness-Resources	Campuses will post large posters with facts about mental health. Announcements provided for every morning.
Tuesday, September 10th	Wear red signifying the importance of knowing the red flags/warning signs of suicide. https://suicidepreventionlifeline.org/how-we-can-all-prevent-suicide/	Tuesday September 10th is the National Suicide Awareness Day. Everyone wears red to symbolize the importance of knowing the red flags or warning signs of suicide. Posters with warning signs displayed around school with the red flags / warning signs of suicide and suicide hotline information.
Wednesday, September 11th	Each campus designs their own day of suicide prevention joining together as a campus community to decide how they will promote suicide prevention and promote bright futures for all students	
Thursday, September 12th	Team up against suicide and wear favorite team apparel. The evening rally with professional mascots and celebrity speakers for parents and students TBD.	A large banner at the campuses WE ARE A TEAM: asking every student and employee on the campus to put their handprint on the banner to represent team.
Friday 13th	“The Future is Bright.”	Wear neon colors or college T-shirts to represent “The Future is Bright.”
Saturday 14th	“Out of Darkness” walk sponsored by the American Foundation of Suicide Prevention	“Out of the Darkness Walk” at Clearfork.