

# Go ñeid sondal!

## KWNTHMEE KUU'AAVK

### Attention Warriors!

#### The Monthly SRP-MIC Veterans Newsletter

#### VETERANS REPRESENTATIVE THOUGHT OF THE MONTH

Troy Truax Jr.

Suicide, a topic not often talked about... that's our biggest problem. The shame surrounding mental health is often one's biggest barrier. People who feel embarrassed about their illness try to hide it and don't get the help they need.

September is about helping those struggling by spreading awareness and encouraging open dialogue. The fight against suicide can be stopped, but only if we all work together. Victory starts by ending the stigma.

According to the United States Veterans Affairs Department in 2018, Veterans accounted for 13.8% of all deaths by suicide among adults in the U.S.

#### SEPTEMBER HOLIDAYS

Labor Day  
Sept 2nd

Patriot Day  
"9/11"

Citizenship Day  
Constitution Day  
Sept 17th

Office of the  
Secretary of Defense  
Birthday  
Sept 18th

Air National Guard  
Birthday  
Sept 18th

National POW/MIA  
Recognition Day  
Sept 17th

Gold Star  
Mother's & Family Day  
Sept 26th





## SUICIDE PREVENTION MONTH

September marks the beginning of suicide prevention month, and more specifically, September 5 - 11, 2021 marks national suicide prevention week. By talking about mental health and suicide, it not only helps reduce stigma and increase awareness, but it also has the potential to save a life.

Understanding the importance of talking about the warning signs of suicide and addressing it can be uncomfortable. Unfortunately, many of us have most likely come up against suicide in some way, yet it is often that difficult to discuss among many people due to the stigma surrounding the topic.

Below contacts information is from National Suicide Prevention which provides a variety of specific resources for just the Youth, Native Americans, LGBTQ, and Veterans and many more.

Also listed is SRP-MIC community support resource.



**National Suicide Prevention Lifeline**  
**24/7 free & confidential**  
**1 800-273-talk (8255)**

**Veterans crisis line**  
**1-800-273-8255**  
**press 1**

**SRPMIC Behavioral Health Dept.**  
**480-946-9066**  
**press 1 & then option 3.**



## RECOGNITION DAY

National POW/MIA - Prisoner of War/ Missing in Action Recognition Day was established in 1979 through a proclamation signed by President Jimmy Carter. Since then, each subsequent president has issued an annual proclamation commemorating the third Friday in September as National POW/MIA Recognition Day.

On this National POW/MIA Recognition Day, which is September 17th, I ask that you remember all U.S. military personnel – especially those declared as Prisoners of War or Missing in Action. And, as you remember them, I ask that you remember Native Americans too. Remember all the losses and sacrifices they made at the hands of the U.S. to become the nation we know today.

## GOLD STAR



## MOTHER'S & FAMILY DAY

Each year on the last Sunday in September, Gold Star Mother's and Family Day honors the mothers, fathers and families of fallen military service members. A gold star symbolizes a family member who died in the line of duty while serving the United States Armed Forces. The Community would like to recognize SRPMIC Gold Star Recipients.

**BUTCH ENOS**  
**CAMERON GREY SR.**  
**HARRY SMITH**  
**LEONARD ENOS**  
**WALLACE ANTONE**



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