

the world is a
BETTER PLACE
with YOU in it.

tomorrow needs you

CALL COPES
918.744.4800
OR 988

September is National Suicide Prevention Month. Suicide rates in our community are on the rise. More people died by suicide in 2022 than ever before, according to new provisional data from the CDC. In Oklahoma, it's the second leading cause of death for Oklahomans ages 10-24, the second leading cause of death for Native Americans ages 10-34 and in the last 21 years, black youth ages 10-19 saw the largest increase in rates at 78%. Through this campaign, the goal of Family & Children's Services (F&CS) is to raise awareness, encourage honest conversations about suicide, share prevention best practices, and share where to ask for help.

TALK SAVES LIVES – IT'S OK TO ASK FOR HELP

We will be taking a closer look at key elements from "Talk Saves Lives," an education program F&CS teaches, created by the American Foundation of Suicide Prevention, through social media posts and short videos featuring F&CS staff with tips on how to spot the warning signs for someone contemplating suicide and how to get help. Suicide Prevention training will be provided to KIPP Middle and High School staff, Union High School student leadership class, Will Rogers High School (all students) and Cascia Hall yearly training (all freshmen). We are also introducing a brand new podcast, "OK State of Mind," which dives into crucial conversations for Suicide Prevention Awareness Month. Learn more at www.okstateofmind.com.

Tomorrow Needs You Chalking and Bead-Making Bracelet event, various locations

KIPP Middle and High Schools - Sept. 8

Carver Middle School - TBD

Booker T. Washington High School - Sept. 9

F&CS Graves location - Sept. 12

Union High School - Sept. 12

F&CS Lapidus location - Sept. 13

Will Rogers High School - Sept. 21

F&CS Salvation Army location - Sept. 14

Cascia Hall - TBD

F&CS Osage Hills location - Sept. 26

Jenks Middle School - TBD

SEPT. 7: Owasso Gathering on Main, 167-199 S Main St., Owasso, 5 to 7 p.m.

SEPT. 9: F&CS COPES honored during FC Tulsa vs. Phoenix Rising game, ONEOK Field, 201 N. Elgin Ave., Tulsa, 7:30 p.m.

SEPT. 17: "On the Suicidal Mind" with author Clancy Martin, Magic City Books, Algonquin Room, 221 E. Archer, Tulsa, 2 p.m.

SEPT. 30: Out of the Darkness Walk - Riverwalk Crossing, 300 Riverwalk Terrace, Jenks, 10 a.m.

OCT. 7: Riding for Warriors Rally (for veterans and first responders) - Broken Arrow Events Park, 21101 E 101st St., Broken Arrow, 1 to 5 p.m.