

Working to stop the increase in men's suicide rates



*The Geauga Suicide Prevention Coalition is again participating in the **Movember** campaign, which has one goal: **to stop men from dying too young.***

Unite your friends, colleagues, or the community to join the fight for men's mental health. Team up and take pictures of your group while sporting their moustaches (Mos). Individuals and groups who submit photos will have a chance to win our photo contest for the best group and individual picture.

New this year will be a pet photo contest and a coloring page for kids!

Send your moustache photos to Wade at wadefoley22@gmail.com to be showcased on the Ravenwood Health Facebook page before November 22, 2020.

Our motto for **Movember** is
"STRIVE FOR 5!"

We are facing a health crisis, rarely discussed. We can't afford to stay silent. The Geauga County Suicide Prevention Coalition urges you to **REACH OUT, CONNECT, and COMFORT each other.**

Choose 5 people to reach out to over the next 30 days. We all need support sometimes.
STRIVE FOR 5!

Starting "that" conversation with someone may be the most important conversation you or they ever have.

DETAILS:

Kick off: October 2020

Submit photo by: November 22 to wadefoley22@gmail.com.

Include individual/organization names, and little blurb about why you advocate for men's mental health.

Questions:

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