



September is National Immunization Awareness Month

September is National Childhood Cancer Awareness Month.

Every September there is a renewed commitment to curing childhood cancer.

Cancer is a word that no parent ever wants associated with their child, and is something that no child should ever have to endure.

Sadly, thousands are diagnosed each year, and it remains the leading cause of death for children under the age of 15.

According to the American Cancer Society, two of the leading types of pediatric cancers are Leukemia, which accounts for approximately 31% of all cancers in children, and Brain/Central Nervous System Tumors, which accounts for approximately 21% of all cancers in children. In total, these two types of cancers account for a little more than half of all cancers in children. However, researchers have made great strides in the fight against pediatric cancer, which offers hope that one day there will be a cure.

Here are some things you can do to get involved:

- Update your social media: Use shareable images to raise awareness
- Host a Gold-Out Event: Schools can host events to raise money and awareness
- Donate: Donate to fund research for better treatments and cures
- Read about Alex Scott: Read about Alex Scott's inspiring battle against childhood cancer

The symbolic color of childhood cancer is gold, which represents strength, courage, and resiliency.



In this newsletter you can expect:

Health Services
Updates

Scheduled
Events

Monthly Health
Focus

Health
Awareness
Information

Ways to observe
and get involved

Monthly Newsletter

TCSS HEALTH
SERVICES



SEPTEMBER 2024



Suicide Prevention Month

September is also **National Suicide Prevention Month** and a time to shine a spotlight on a topic not often talked about...suicide.

Everyone is affected by suicide, not just the victim. Suicide impacts family and friends long after the loss of a loved one. On average, one person commits suicide every 16.2 minutes. Two-thirds of the people who commit suicide suffer from depression.

How to help: One way to help prevent suicide is to increase access to treatment for depression. However, identifying depression can be difficult. Not all people who suffer from depression show signs. The first step in identifying someone who is suffering from depression and contemplating suicide is to see how serious the issue is. Talking to the person involved and asking about their thoughts will decrease the trigger of suicidal action. Suggesting a counselor or treatment for depression might also help. Often, people who are depressed need a caring friend. A common fallacy is that people who talk about suicide never act on it. If a friend or loved one is talking about suicide, it's time to get help for that person.

How to observe: Learning about suicide prevention during the month of September is a great way to educate yourself and others. If you or someone you know needs emergency assistance, contact the **National Suicide Prevention Hotline at 1-800-273-8255.**

"Regarding the question of suicide, keep it a question. It's not really an answer." - Peter McWilliams

In September we
also recognize:

National Suicide
Prevention

Sickle Cell
Awareness

Hispanic
Heritage

Childhood
Obesity
Awareness

Self
Improvement
Month

**TCSS GOES GOLD for
CHILDHOOD CANCER
ON SEPTEMBER 18, 2024**



**ENCOURAGE ALL STUDENTS AND
STAFF TO WEAR GOLD!!**