

September 2026

National Suicide Prevention Month and Recovery Month

Resource Page:



The Heart Wall

Spread some positivity by writing positive messages on sticky notes and put them on a wall in the shape of a heart!

988 Kindness Rocks

Spread positivity in our community by looking for 988 rocks around the county! If you find a 988 rock, be sure to post it on social media using the hashtag #988Day



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5 Recovery Fest 10am-2pm @ AnnMarie Garden
<i>"I make mindful choices that promote my overall wellbeing"</i>						
6	7	8  #988Day	9	10 Wear Yellow for Suicide Prevention!	11	12 Tri-County Memory Walk 5-7pm @ Serenity Farm
<i>"I am able to return to a place of peace and calm"</i>						
13	14	15	16	17	18	19 "One More Light" Walk 5:30pm @ SOMD Sailing Association
<i>"I am on the right path, I am moving in the right direction"</i>						
20	21	22	23	24	25	26
<i>"I am surrounded by people that support, uplift, and inspire me"</i>						
27	28	29 CAC/DSS Open House 11:30am @Calvert County DSS	30			
<i>"Healing and recovery is possible."</i>						



988
SUICIDE
& CRISIS
LIFELINE

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