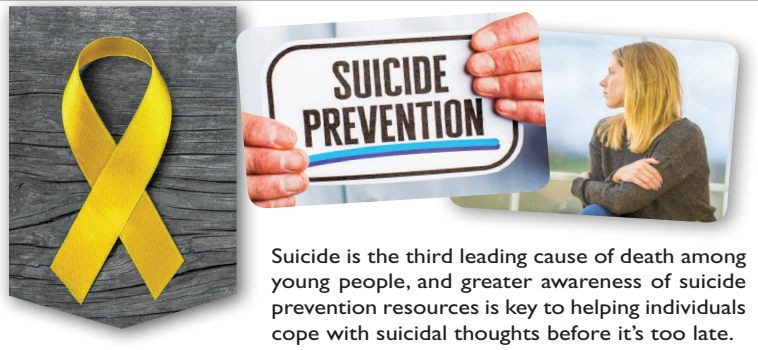


SEPTEMBER IS NATIONAL

Suicide Prevention Month



Suicide is the third leading cause of death among young people, and greater awareness of suicide prevention resources is key to helping individuals cope with suicidal thoughts before it's too late.

According to SAVE (Suicide AwarenessVoices of Education), nearly 800,000 people die by suicide across the globe each year and suicide is the second leading cause of the death in the world for people between the ages of 15 and 24.

For Crisis Help, Call 911 or the National Suicide Prevention Lifeline 988 or 800.273.8255

Bellwood-Antis School District

7th Annual Adam Zook Memorial Run

Saturday, September 26, 2026

Reservoir Park, Tyrone, PA

7-8am - Packet Pickup & Late Registration with event following



**5k Run
9.88 Mile Run
2 Mile Walk
Lollipop Run**

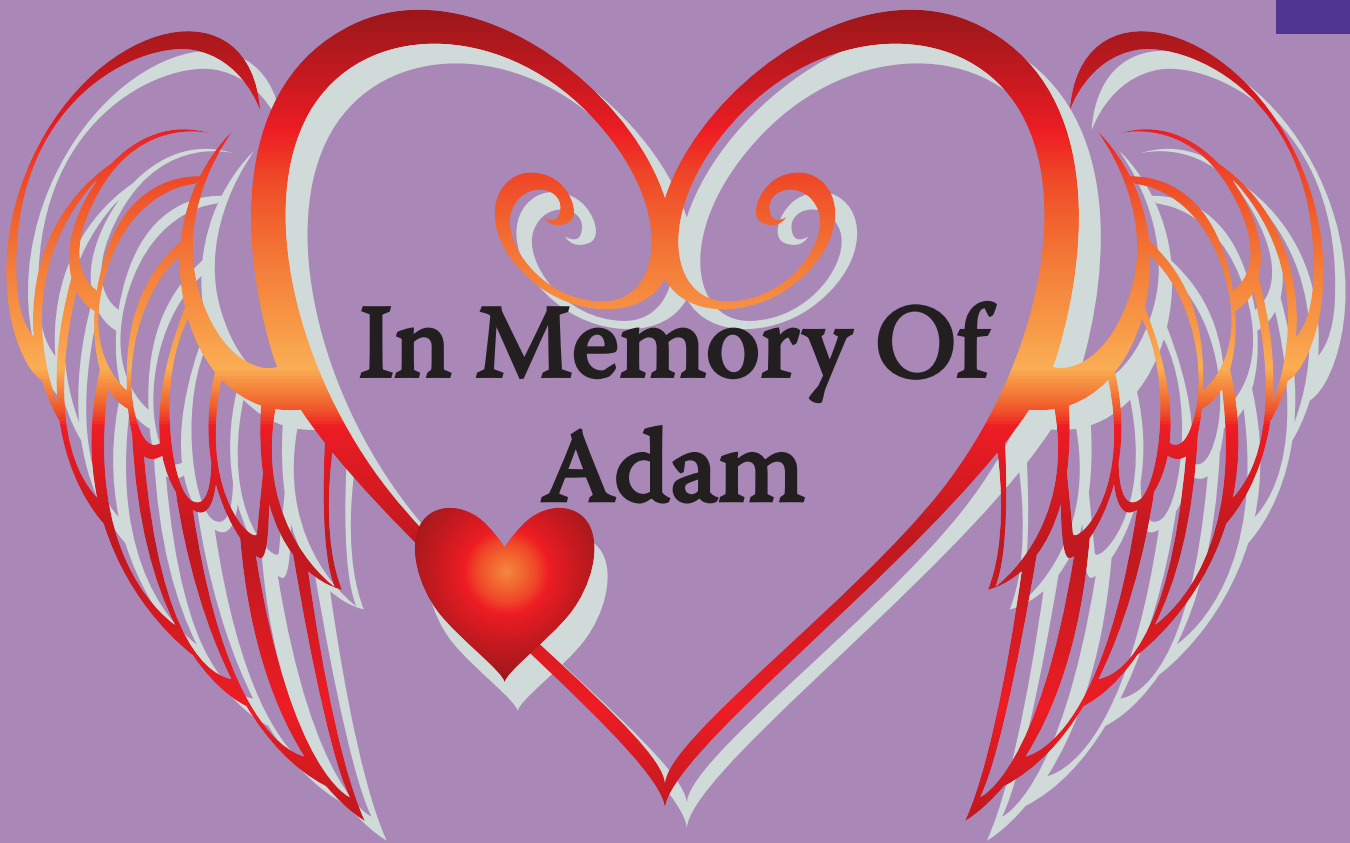


#FightTheDark

Sign Up Online through Sept. 16 | Adults \$25 - Students \$15

Register In Person/Late Registration Adults \$30 - Students \$20

<https://runsignup.com/Race/PA/Tyrone/AdamZookMemorialRun>





Working together...
SUICIDE PREVENTION TASK FORCE
...to stop suicide in Blair County

WHAT IS SPTF?

The Blair County Suicide Prevention Task Force includes committed agency representatives dedicated to reducing the number of suicides in Blair County. The Task Force operates under the Altoona Regional Health System's Foundation for Life, a private 501(c) (3) nonprofit organization.

GOALS

- Maintain an effective Suicide Prevention Task Force in Blair County
- Provide training and suicide prevention programs in the community
- Offer resources to those who have experienced a loss through suicide
- Develop awareness strategies for families and community members
- Collaborate among agencies and organizations to identify and address suicide issues

Warning signs for suicidal thoughts may include but are not limited to:

- Talking about suicide • Preoccupation with death
- Obtaining the means to complete suicide, such as a gun or stockpiling pills
 - Social withdrawal • Experiencing mood swings
 - Feelings of being trapped, helpless or hopeless
- Increased use of alcohol/drugs • Significant change in eat/sleep patterns
- Engaging in risky or self-destructive activities • Giving away belongings
 - Saying goodbye to people as if they won't be seen again
 - Drastic personality changes



SUICIDE IS PREVENTABLE!

If you or someone you love is contemplating suicide, please call the Community Crisis Center at (814) 889-2141.



SUICIDE PREVENTION
AWARENESS MONTH

SEPTEMBER IS SUICIDE PREVENTION MONTH You can make a difference.

Suicide affects individuals, families, friends, and entire communities. Too often, stigma keeps people from talking about how they are feeling or reaching out for help.

A simple conversation can make a difference.

1. **Reach out** to someone who may be struggling.
2. **Listen** without judgment.
3. **Talk openly** about mental health and suicide.
4. **Let someone know** they are not alone.

Know the number. Save the number.



988

Suicide & Crisis Lifeline

If you or someone you know is struggling or in crisis, **call or text 988** for free, confidential support.

Suicide prevention starts with each of us.

TYRONE AREA SCHOOL DISTRICT

AT THE BAVARIAN AID SOCIETY
SEPTEMBER, 29TH, 2026

SUICIDE PREVENTION Summit

Who is the Blair Co. Suicide Prevention Task Force?

The Blair County Suicide Prevention Task Force was established in October 2004 under the auspices of the Blair County Mental Health Office. Comprised of representatives from a variety of organizations throughout Blair County, the task force is united by a shared mission to prevent suicide and promote hope within our community.

To advance this mission, the task force developed a strategic plan focused on addressing suicide through collaboration, education, awareness, and community support. This summit is an important part of that effort, providing an opportunity to share valuable resources, increase awareness, foster meaningful conversations, and strengthen our collective commitment to suicide prevention throughout Blair County.



Register via the QR code or link:

<https://forms.gle/XZPvzqdyWBLUX6>

 Brought to you by the Blair County Suicide Prevention Task Force



SCHEDULE OF EVENTS

- **8 am to 9 am:** Registration & Local mental health provider tables available to offer information and resources to attendees
- **9 am to 9:15 am** Opening statements by the Blair County Suicide Prevention Task Force
- **9:15 am to 10 am** Guest Speaker- Julieanna Kear
- **10 am to 12 pm** CALM Training by Leah Hmel
- **12 pm to 1 pm:** Lunch Provided
- **1 pm to 3:15 pm:** My Ascension Movie & Panel After
- **3:15 pm:** Closing remarks