

Morning Announcements

March 1

Self-Injury Awareness Day



Good morning Eagles (insert school name or mascot here)! Today is Self-Injury Awareness Day. This is an international event observed annually on the 1st of March to raise awareness on this topic. Depression and thoughts of self-harm sometimes occur together. We want you to know how to deal with these feelings and who to talk to if you ever experience them.

This day is dedicated to the importance of loving our own selves and taking care of the mind and the body. We are challenging Eagles (insert school name or mascot here) to learn about why people engage in self-harm, how you could help yourself and your friends if you or they ever experience these feelings or urges! You will have the opportunity to learn more _____ (insert text from checked boxes below).

- ☐ From your counselor, teacher, or nurse
- ☐ During the homeroom or advisory class activity
- ☐ At the information table in the library, lunchroom, or (other public area)
- ☐ In this week's health classes
- ☐ In the KnowYourNeuro.org website
- ☐ Other _____