

# because *You* matter.

## what's this?

This display is for anyone and everyone! Grab a card, write yourself or someone else a note, and add it to the wall!

## what to say?

Anything uplifting, empowering, or loving that you'd like. What do you need to hear about your self-worth at the start of the year? What might a friend need to hear?

## why?

September is Suicide Prevention Month, but it should really be top of mind the whole fall semester. We're working with Our Minds Matter toward a day when no teen dies by suicide, starting right here. So, we want to start this school year off by putting mental health front and center, to make sure everyone knows that they matter. So grab a pen, grab a card, and join us!

