

CHALK It Up

DRAW OR WRITE A MESSAGE OF HOPE



Suicide Awareness

September is Suicide Prevention Awareness Month - A time to raise awareness on this stigmatized, and often taboo, topic.



How You Can Help

During the month of September, The PICK'M-Up Suicide Prevention Coalition invites you to draw or write a message of hope, awareness, or promise on a sidewalk or driveway & then share your creation on social media.



Get Everyone Involved

Have fun with your family, coworkers, civic groups, neighbors, classmates, & friends! All ages & abilities! *Make sure you have permission.*

Share Your Creations

✉ pickmupc@gmail.com

📷 [pickmupcoalition](https://www.instagram.com/pickmupcoalition)

📘 [Pick'm Up Suicide Prevention Coalition](https://www.facebook.com/Pick'm-Up-Suicide-Prevention-Coalition)

