

COUNSELOR CORNER



SEPTEMBER
2025

Welcome Back !

SEPTEMBER IS SUICIDE PREVENTION MONTH

We hope your school year is off to a strong and smooth start. Thank you for the incredible energy, passion, and dedication you've brought into the building. September is a time of transition — new routines, new relationships, and the deepening rhythm of the academic year. As we dive into this month, we also pause to recognize an important cause: Suicide Prevention Month.

September reminds us that we're not alone in the work we do — or the challenges we face. Together, we create a culture of care, both for our students and each other. Thank you for being here. You matter more than you know.



What's New

WHAT'S HAPPENING

- The Pennsylvania Garrett Lee Smith (GLS) Youth Suicide Prevention Grant team and partners are providing a range of suicide prevention trainings for mental health professionals working with youth across settings.
- There will be free group therapy sessions for suicide loss survivors starting October 1-December 17, 2025 from 5:30-7:30pm at Marywood University Psychological Service Center located at 2300 Adams Ave. Scranton, PA 18509. This is for individuals 18+ who have lost a loved one to suicide. Please call 570-348-6269 to register.



How Staff Can Help Students

- Be approachable and observant.
- Respond appropriately: If a student expresses suicidal thoughts, take it seriously.
- Know referral pathways: Remind staff how to contact the school counselor, social worker, or designated mental health support team.

What We Know About Suicide

- Connections save lives. Just being available to listen without judgment matters.
- Asking doesn't cause harm. It's okay to ask directly if a student is thinking about suicide. Research shows this does not "plant the idea"—it often opens the door to help.
- Your role matters. Noticing, showing concern, and referring students to the right support (like counselors or mental health staff) can prevent a crisis.