Coach - Thank you so much for participating in them, “Suicide Prevention Awareness Night”. The importance of breaking down stigmas of depression and suicide is vital for people in our community to feel comfortable to reach out and ask for help when they or someone they love need help.

The T-Shirts for your team serves as a vessel of breaking down stigmas through repeated exposure to the community. Each of these athletes and your staff will wear their shirt numerous times into the community. Each time they do, people will see it as a sign that it’s ok to acknowledge suicide is a problem in our community and it is safe to talk about it in order to get resources and help. Another undisclosed success of wearing the shirts is that individuals that may possibly be contemplating suicide may see the hotline number and decide to use it.

Just by wearing a shirt, you are saving lives. Thank you again for your participation.

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