

September 10, 2025

Good Morning I.S.201! My name is Esther Chen from class 852, and I am here for the Words of Wisdom Wednesday on behalf of the S.E.A.L team.

Today is World Suicide Prevention Day. It's a day to focus on helping people understand how important mental health is and how we can work together to prevent harmful actions. This is a major problem that we all should tackle together. Whether you're struggling with mental health yourself or know somebody who is, reach out to your trusted loved ones. They will be there to support you and be there for you.

If you know someone who might be struggling with mental health, reach out to make sure they are not alone. Listen to them openly and create a safe space for them to talk without judgment. Listening to or checking in on them can make a big difference. We can give each other hope, showing that no one has to go through this struggle alone. Asking for help takes courage, it can break the stigma around mental health. As someone once said, "Mental health is just as important as physical health."

Like Jane Addams, today's affirmation is: *"I serve others with compassion and I treat all people with dignity and respect."*

Thanks for listening and have a Wellness Wednesday 😊

SEAL Team pledge:

We are the Dyker S.E.A.L. Team

Positivity is our dream

We teach it every day

To help others live the optimistic way

We learn to control our emotions and feelings

So, we always have effective social dealings

No stone left unturned; no person left behind

Every member of our team has the power to be kind

We spread kindness to our friends, families, and those who need a smile

When facing hardships and adversity, the S.E.A.L. Team goes the extra mile

