

NSULA Gail Metoyer Jones Center



September begins National Hispanic Heritage Month



Hispanic Heritage Month is a celebration of Hispanic and Latino history and culture that starts on September 15 and ends on October 15. The theme this year is "Pioneers of Change: Shaping the Future Together."

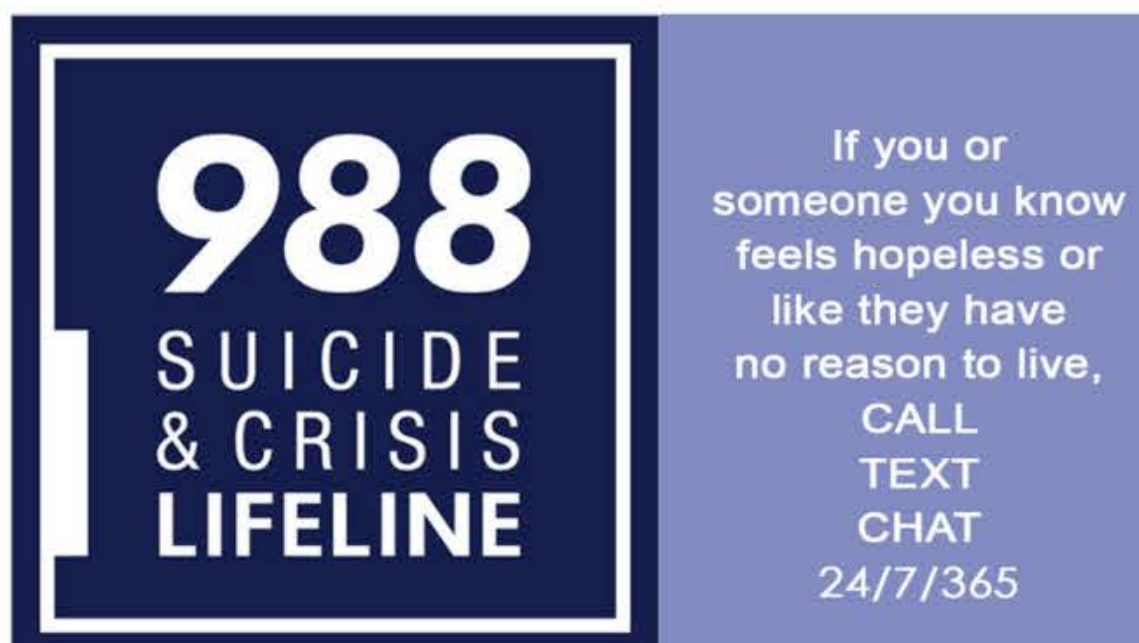
This month is a time to recognize the contributions and influence of Hispanic Americans to the history, culture, and achievements of the United States.

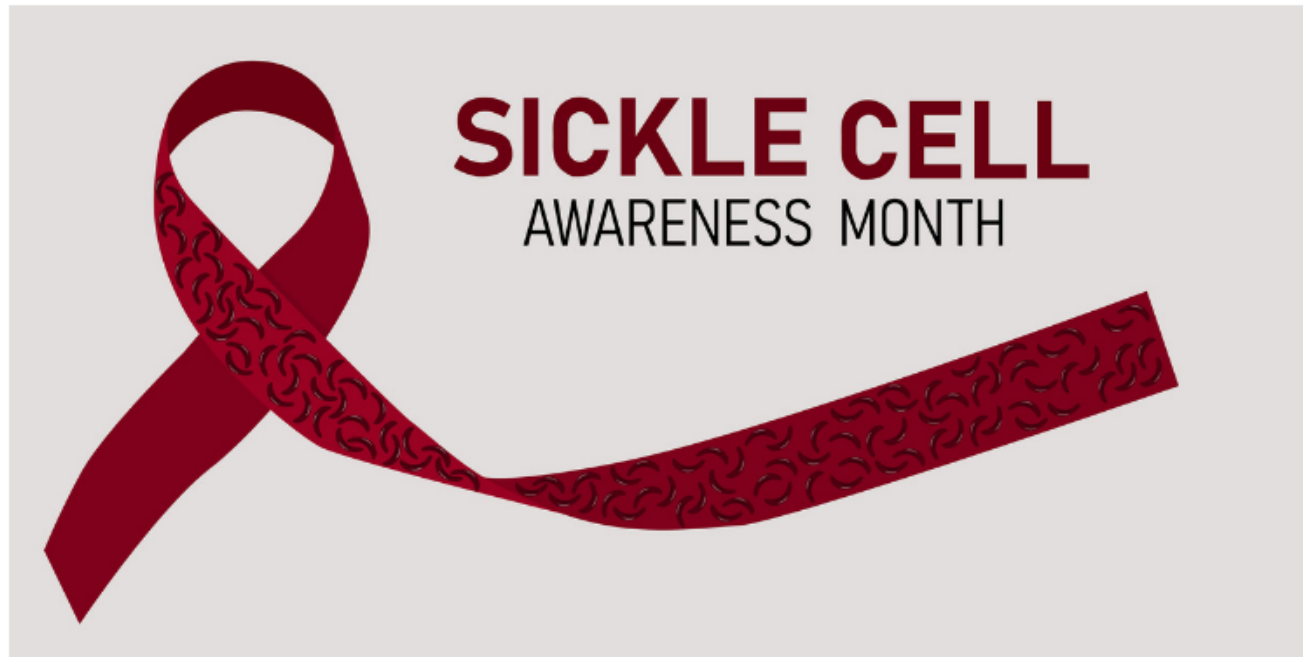
National Suicide Prevention Month is observed every September to raise awareness, promote hope, and encourage conversations about mental health and suicide prevention. Suicide Prevention Month takes place from September 1 to September 30, with World Suicide Prevention Day on September 10.



Suicide Prevention Awareness Facts

- Over 48,000 people die by suicide each year in the United States, averaging about one death every 11 minutes.
- 73% of global suicides occur in low-income and middle-income countries.
- For every suicide, there are many more people who attempt suicide.





Sickle Cell Awareness Month

Sickle Cell Awareness Month is celebrated every September to raise understanding about sickle cell disease (SCD) and its impact on health, education, and daily life.

- Sickle cells cause blockage in blood vessels that prevents oxygen from being delivered to vital organs and tissues.
- Roughly 100,000 Americans and more than 20 million people are affected worldwide
- Sickle cell disease is an inherited genetic condition that primarily affects African American, Hispanic, and some other ethnic groups but it can occur in anyone.

Upcoming Events

Wing Wednesday

Date: Wednesday, September 9th, 5:00pm @Hendrick's Room

Digan Cheese

Date: Tuesday, September 15th, 11:00am-2:00pm @Kyser Brickway

Movie Night: In partnership with Spanish Club & Film Society

Date: Thursday, September 24th, 5:30pm @Kyser Room 311

Paint the Rock

Date: Sunday, September 20th

Dates to Know

- **September 1-30 – National Guide Dog Month**
- **September 1-30 – Suicide Prevention Month**
- **September 5 – International Day of Charity**
- **September 8 – International Literacy Day**
- **September 10 – World Suicide Prevention Day**
- **September 11 – Patriot Day**
- **September 15 – Hispanic Heritage Month begins**
- **September 15 – Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua Independence Day**
- **September 16 – Mexican Independence Day**
- **September 18 – Chile Independence Day**
- **September 21 – Belize Independence Day**
- **September 21 – World Alzheimer's Day**
- **September 22 – Rash Hashanah Begins**
- **September 23 – Bisexual Visibility Day**
- **September 23 – International Day of Sign Languages**

Tip of the Month

Take Care of You!

Get enough sleep, eat well, and remember to take breaks when you need them.