



Work2BeWell Monthly Newsletter

September 2025

September is a big month for us—it's **Suicide Prevention Awareness Month**, a time to come together, break the stigma, and remind each other that no one has to face hard times alone. This month's newsletter is packed with resources, events, and stories to keep you informed and inspired.

How Are You #Working2BeWell

"It's not weak to ask for help. It's brave."

— Michael Phelps

American competitive swimmer

Most successful and most decorated Olympian of all time with 28 medals



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Providence

Even the strongest people, the ones who seem like they have it all together, struggle sometimes. Michael Phelps, the most decorated Olympian in history, reminds us that strength is not about pretending you are fine all the time. Real strength is knowing when you need support and having the courage to reach out. If you are going through something tough, asking for help does not make you weak—it shows you are brave enough to take care of yourself.

Remember, you don't have to do life alone.

What You'll Need for September



NEW W2BW Emotional First Aid Kit Assembly

Emotional first aid is important because it helps people take care of their mental and emotional well-being the same way physical first aid helps with injuries. For teens, it's especially valuable because:

- **Life gets stressful.** School, friendships, family, and personal challenges can feel overwhelming. Emotional first aid gives teens healthy ways to cope.
- **Prevents small problems from growing.** Just like cleaning a small cut keeps it from getting worse, practicing emotional first aid can stop stress, anxiety, or sadness from building up.
- **Builds resilience.** Having tools ready—like calming strategies, positive reminders, or support contacts—helps teens bounce back quicker when things get hard.
- **Encourages reaching out.** It normalizes the idea that it's okay to need help and teaches that caring for your emotions is just as important as caring for your body.

In short, emotional first aid equips teens with the skills and support they need to handle tough moments in a healthy way. And, W2BW now has all of this formatted in an easy-to-follow assembly format. A great way to start off a new school year!

[Click here to access W2BW Emotional First Aid Kit and Module including PowerPoint Presentations, Facilitator Guides, Assembly Scripts, Handouts, and More!](#)



Talk2BeWell Podcast - 150th Episode!

Each T2BW episode opens the door to meaningful conversations amongst peers and amplifies teen voices and perspectives.

Through open, honest conversations, we help students connect with one another and work towards breaking the stigma around mental health.

W2BW encourages you to check out this special NEW podcast where Dr. Robin Henderson and three of our National Student Advisory Council teens talk with Wendy Martinez Farmer, VP of 988 Strategy-Quality Improvements and Clinical Standards, to learn more about 988 and 988 Day!

[Ep 147: Mental Health Awareness with Erika's Lighthouse](#)

Here are some other T2BW episodes in support of September as Suicide Prevention Awareness Month:

[Ep 38: Seeking Help + Finding Support](#)
[Ep 50: The Defensive Line: Suicide Prevention + Mental Health](#)
[Ep 56: Suicide Prevention](#)
[Ep 58: Talking to an Adult About Mental Health + Asking for Support](#)
[Ep 79: Suicide Prevention-How to Call a Crisis Line](#)
[Ep 125: Suicide Prevention - Tomorrow Needs You](#)

Want to easily find episodes to accompany lesson plans and activities? Check out this ready to go list of all the [T2BW Episodes categorized by W2BW Curriculum!](#) This list is a great resource for Wellness Rooms!

From the Director



Sara Freauf



Dr. Robin Henderson



Heather Ransom



Maddy Foreman

As we step into a new school year at Work2BeWell, I'm honored to introduce myself as the new Program Director. While our adult team has gotten a little smaller, we remain strong, mighty, and deeply committed to supporting teens in their mission to promote mental health and wellness.

We continue to be guided by our co-founders, Dr. Robin Henderson and myself. Dr. Robin serves as our Chief Clinical Officer and leads the Talk2BeWell podcast, while I will continue leading the NSAC and supporting our growing network of clubs. We're also excited to welcome Heather Ransom as our new full-time Curriculum Development Director, bringing a wealth of expertise to resource creation. Alongside her, Maddy Foreman continues her outstanding work as Project Manager, supporting the Renton School District through the Well Being Trust grant and helping advance W2BW processes, translations, and grants.

Looking ahead, we're expanding our internship program to engage more of our amazing alumni in supporting clubs, podcasts, and special projects. We are so grateful for the adults who have supported Work2BeWell through the years, and we look forward to continuing to provide free resources, meet students where they are, and create opportunities for advocacy and wellness in every community.

Together, we are Work2BeWell.
 —Sara Freauf (Nilles), Program Director

NEW NSAC ANNOUNCEMENT!

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Meet Our National Student Advisory Council, 2025-26

This year, the **NSAC** is composed of a group of teens from across the United States and Costa Rica, dedicated to the W2BW program and its vision. They are committed to making mental health and wellness a top priority in their schools and communities through **Access, Education, and Activation**. You can read more about them on our website.

Congratulations to students serving in our leadership positions:

Team Lead **Co-Lead**

NSAC 2025-2026

Aditi/NC **Aishwarya/GA** **Anushka/TX**
Anvi/PA **Aryan/CT** **Audrey/CA**
Ayana/TX **Ayanna/OK** **Christopher/PA**

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NSAC 2025-2026

Codou/CO **Dominic/GA** **Emily/NJ**
Emma-Jane/FL **Gabriella/CA** **Isaac/WA**
Harper/IA **Isabel/WN** **Isaac/WA**

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NSAC 2025-2026

Jake/CA **Jose/GA** **Juliana/OR**
Karthika/NC **Kylie/NE** **Lauren/NY**
Lily/FL **Logan/NY** **Lyanna/NY**

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NSAC 2025-2026

Hazem/GA **Mariam/TX** **Mason/WA**
Miriam/NY **Nabila/MD** **Niya/GA**
Olivia/CA **Paige/VA** **Prisha/SC**

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NSAC 2025-2026

Rayna/WA **Sara/ND** **Shakha/CA**
Sriha/CA **Vivian/WA** **Zina/AZ**

CHECK OUT BIOS

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To learn more about this year's NSAC, visit work2beWell.org/about/nsac/.

Partnership Update

Why 988 and Work2BeWell Are a Great Partnership

988, the Suicide & Crisis Lifeline, and Work2BeWell share a common goal: ensuring that teens have the support and resources they need to care for their mental health. Together, they provide both immediate assistance and long-term prevention tools.

- **988** offers 24/7 access to trained crisis counselors who can provide immediate help to anyone experiencing emotional distress or suicidal thoughts, or even just someone to chat online with, text with, or talk to during a tough time.
- **Work2BeWell** empowers students with education, resources, and skills that promote emotional well-being, reduce stigma, and encourage early support before a crisis develops.

By combining crisis intervention with education and prevention, this partnership ensures teens not only know where to turn in urgent situations but also have the strategies to build resilience in their daily lives. The collaboration reinforces the message that mental health matters and that help is always available.

September 8th is 988 Day! Check out their toolkit - a resource meant to support, educate, and help spread awareness about **#988Day**. It includes downloadable materials, images, and information to amplify their message of "Compassionate Help. Anytime. Anywhere."

Use the [988 Day Toolkit](#) and [W2BW resources](#) in a combination of ways that will best suit the needs of your club and community!

988 DAY

Compassionate Help. Anytime. Anywhere.

FEELING OVERWHELMED? ANXIOUS? LONELY? YOU DON'T HAVE TO FACE IT BY YOURSELF.

Everyone has tough days. Whether you're stressed about school, friendships, family, mental health, or substance use, the 988 Suicide & Crisis Lifeline is here to give you **anytime, anywhere** support.

WHAT HAPPENS WHEN YOU REACH OUT TO 988?

- You can text, call, or chat to connect with a 988 counselor 24/7.
- You'll connect with a real person who cares. A skilled 988 counselor will listen without judgment and help you work through your feelings.
- You don't have to give your name or share anything you're not ready to. You yourself, a friend, or loved one.
- Day or night, your feelings matter. You don't have to be a crisis to reach out to the 988 Lifeline. Sometimes, just having someone there makes all the difference.

Care out loud.

988 SUICIDE & CRISIS LIFELINE

Compassionate Help. Anytime. Anywhere. Text or call 988 or chat at 988lifeline.org

¿SE SIENTE ABRUMADO? ¿ANSIOSO? ¿SOLO? ¿NO TIENE QUE ENFRENTAR ESTO EN SOLEDAD.

Todos tenemos esos días difíciles. Ya sea que esté abrumado por la escuela, las amistades, la familia, la salud mental o el consumo de sustancias, la Línea 988 de Prevención del Suicidio y Crisis le ofrece apoyo **cualquiera que sea** y **cualquiera que sea** su idioma.

¿QUÉ SUCEDE CUANDO SE COMUNICA CON LA LÍNEA 988?

- Puede conectarse con un consejero de la Línea 988 24/7.
- Se conectará con una persona real que se preocupa por usted. Un consejero capacitado en la línea 988 le ayudará a trabajar a través de sus sentimientos.
- No tiene que dar su nombre o compartir nada que no esté listo para compartir.
- Puede pedir ayuda para sentirse un amigo o un ser querido.

La respuesta a su vida de hoy puede ser exactamente lo que necesita mañana. No tiene que esperar hasta que sea una crisis para comunicarse con la Línea 988. A veces, simplemente tener a alguien que le escuche marca la diferencia.

Apoya en tus días.

Apoya compasivo. En cualquier momento. En cualquier lugar. En cualquier idioma. En cualquier idioma. En cualquier idioma.

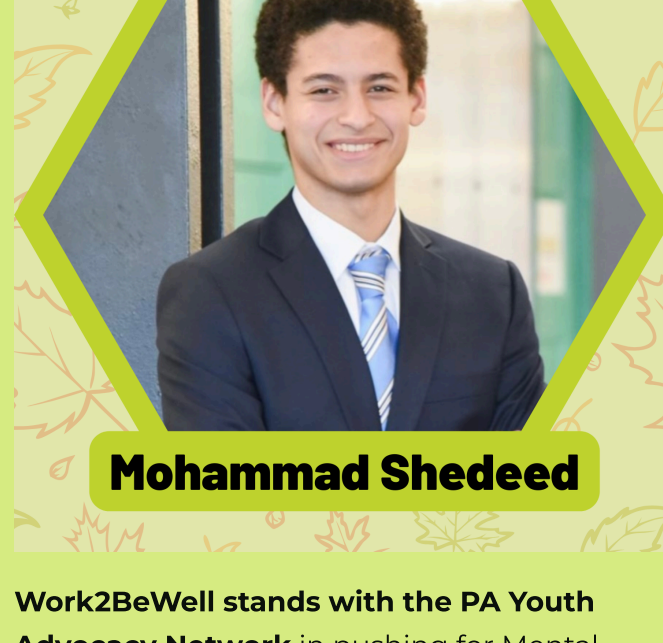
988 LÍNEA DE SUICIDIO Y CRISIS

MARK YOUR CALENDAR!

Important Dates	Details	Contact
September 8th 988 Day	988 Day is a national day of action that promotes the 988 Suicide & Crisis Lifeline and encourages support for mental health and crisis care.	Visit the 988 website for more information about 988 day!
September 20th Suicide Awareness Walk Lindbergh High School	Lindbergh High is hosting their 3rd annual Suicide Awareness walk on the track from 11:00 am - 1:00 pm.	For updates, follow their Instagram @lhesagles_mhc
September 2025 Suicide Prevention and Awareness Month	Suicide Prevention and Awareness Month, a time to come together, raise awareness, and share life-saving resources!	W2BW Support Support@Work2BeWell.org

Click [here](#) to support [Lindbergh High School's Suicide Awareness Walk](#)
 Visit the [988 website for more information](#) about 988 day!

Testimonials



Mohammad Shedeed

Work2BeWell stands with the PA Youth Advocacy Network in pushing for Mental Health Days to count as excused absences in schools.

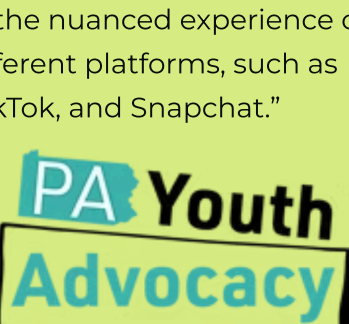
Right now, the PA School Code (from 1940!) doesn't include Mental Health Days. Some schools let students take them, but often only with a doctor's note—and not everyone can see a mental health professional.

That's why since 2021, the PA Youth Advocacy Network has been fighting to pass a bill that makes **School-Excused Mental Health Days** available to all students.

They have gained a lot of support and traction since then, but they need **YOUR** support to push it through, so please consider signing this petition:

<https://www.payouthadvocacy.org/show-your-support-for-the-bill> (or scan the QR code).

"My work with Work2BeWell continues to shape my motivation and passion for mental health. Developing skills in content curriculum has allowed me to empower others to advocate and fight for change with a legislative outreach toolkit I created with the PA Youth Advocacy Network to match students with their legislators and provide scripts to confidently speak with them. There is also an FAQ section related to the School-Excused Mental Health Days Bill to prepare students for any potential challenges or false information that might arise during the discussion. Additionally, my experience seeing the impact of Education on mental health has led me to work with Mental Health America to come up with a social media report that takes into account the nuanced experience of teens on several different platforms, such as Instagram, TikTok, and Snapchat."



Scan here to see the one-pager for more information!



Scan here to sign the petition!

For more information, visit www.payouthadvocacy.org/

New W2BW Resource Survey

Have you participated in one of our modules? If you answered **YES**, please consider taking our W2BW Module Survey!

The survey should only take a few minutes, and your honest feedback is greatly appreciated.

WE VALUE YOUR OPINION!

To begin the survey, scan the QR code or enter the link below.

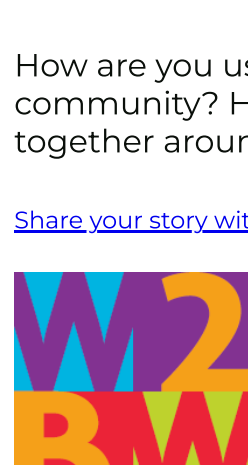
tinyurl.com/yymfax7u

TESTIMONIALS

Your Impact, Your Story

How are you using W2BW resources to make a difference in your school or community? Have they helped you start conversations, plan events, or bring people together around mental health? We'd love to hear how you're making an impact!

[Share your story with us](#) and be featured in an upcoming newsletter or on social media!



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