



2022
CALENDAR

WESTMORELAND COUNTY
**Suicide Awareness
& Prevention
TASK FORCE**

www.rayofhopewestmoreland.org



ABOUT THE RAY OF HOPE TASK FORCE

Ray of Hope was established in 2005 as Westmoreland County's Suicide Awareness and Prevention Task Force. The task force is made up of volunteers from a variety of backgrounds who are passionate about spreading hope through community awareness, providing accurate information, and giving support to survivors.

The images that are included in this calendar are submissions to the task force's biennial suicide awareness and prevention poster contest. The poster contest is a way to educate middle and high school students about suicide signs, symptoms, and help-seeking behaviors. It is open to all middle and high school students in Westmoreland County as well as homeschoolers and private schools.

COVID-19 changed things in 2021 and because many schools were operating remotely, Ray of Hope wasn't able to hold a poster contest this year. Instead, it was decided that this year's calendar would be a retrospective of past years' contests. We hope you enjoy looking back on some of the contest entries of the past.

It's OK to reach out.

National Suicide Prevention Lifeline:
1-800-273-TALK (8255)

Crisis Text Line:
Text PA to 741741

JANUARY

February 2022

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31 • 'New Year's Day' day off New Year's Eve	1 New Year's Day
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 • Martin Luther King Jr. Day	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

• Federal Holidays • Local Holidays • Multiple Events



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SUICIDE PREVENTION HOTLINE



"HELP GIVES HOPE"

Penn Trafford High School | Maura Coiner & Sydney Herrmann

FEBRUARY

March 2022

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14 Valentine's Day	15	16	17	18	19
20	21 • Presidents' Day	22	23	24	25	26
27	28	1	2	3	4	5

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SAVE A LIFE

KNOW THE SIGNS OF SUICIDE

IF YOU SEE SOMETHING, SAY SOMETHING

TALK

- Killing themselves
- Feeling hopeless
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Unbearable pain

BEHAVIOR

- Withdrawing
- Isolating
- Sleeping too much or too little
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Aggression
- Fatigue

MOOD

- Depression
- Anxiety
- Loss of interest
- Irritability
- Humiliation/Shame
- Agitation/Anger
- Relief/Sudden Improvement

"KNOW THE SIGNS OF SUICIDE"

Belle Vernon Area High School | Milonna Sauritch

MARCH

April 2022

S	M	T	W	T	F	S
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17 St. Patrick's Day	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

● Federal Holidays ● Local Holidays ● Multiple Events



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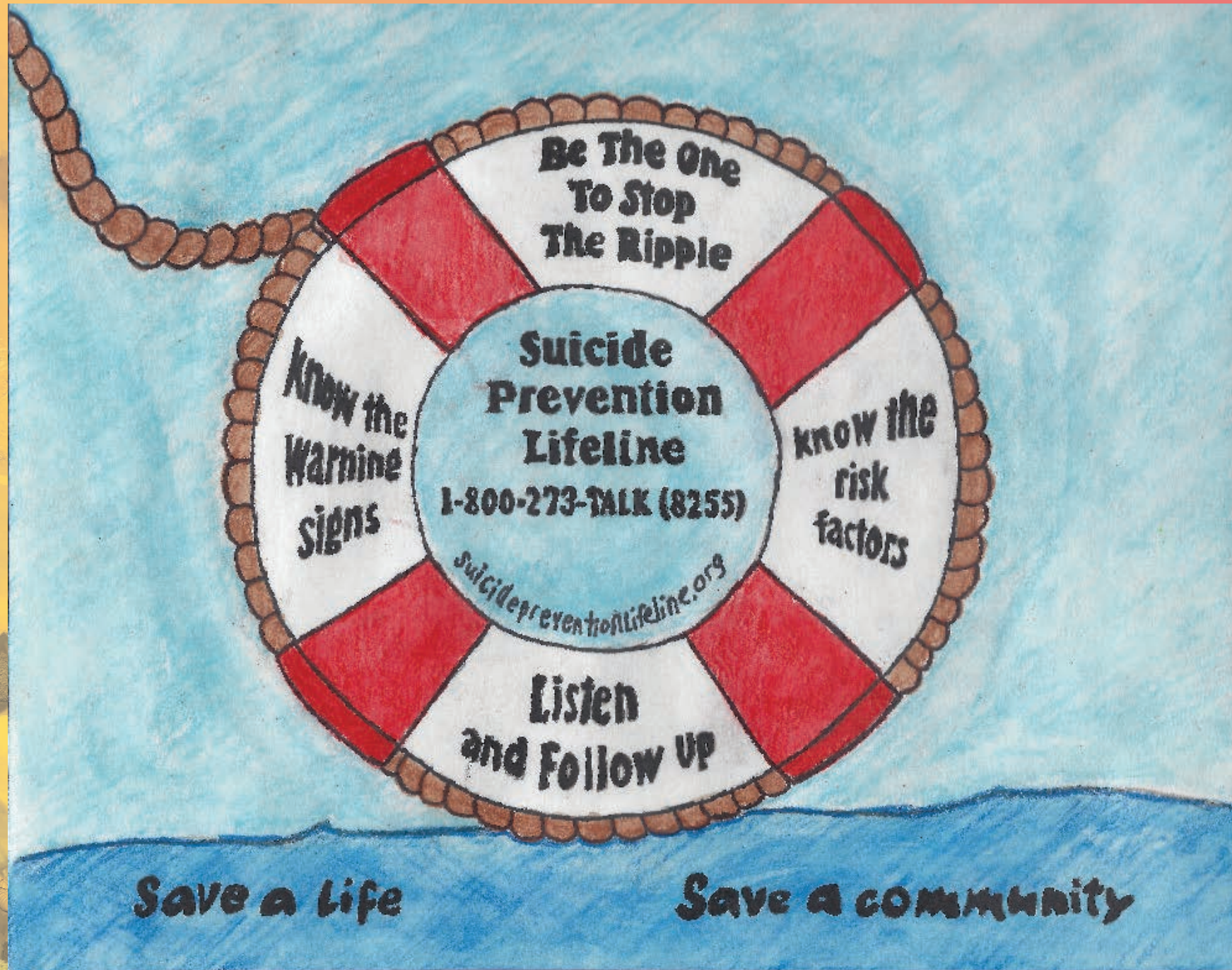
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"SAVE A LIFE, SAVE A COMMUNITY"

Greensburg Central Catholic | Dalton Bogac

APRIL

May 2022

M	T	W	T	F	S
2	3	4	5	6	7
9	10	11	12	13	14
16	17	18	19	20	21
23	24	25	26	27	28
30	31				

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15 • Good Friday (Many regions) Passover Eve	16 Passover (first day)
17 Easter Sunday	18 Easter Monday Tax Day	19	20	21	22	23 Last Day of Passover
24	25	26	27	28	29	30

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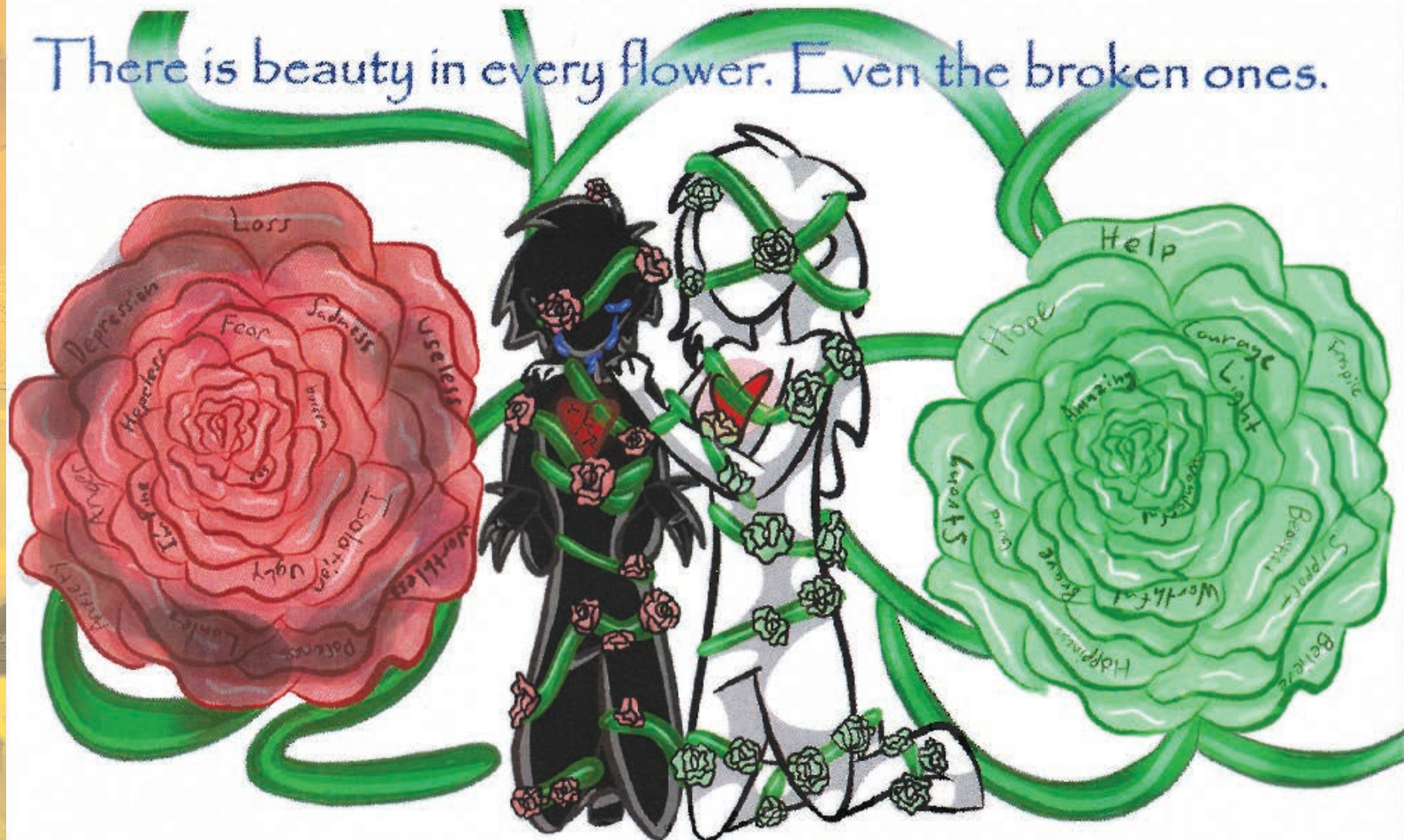
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There is beauty in every flower. Even the broken ones.



Ray of Hope: <http://www.rayofhopewestmoreland.org>

"THERE IS BEAUTY IN EVERY FLOWER"

Southmoreland High School | Julia Bryner & Tessa Voss

MAY

June 2022

M	T	W	T	F	S
		1	2	3	4
6	7	8	9	10	11
13	14	15	16	17	18
20	21	22	23	24	25
27	28	29	30		

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5 Cinco de Mayo	6	7
8 Mother's Day	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30 ● Memorial Day	31	1	2	3	4

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HELP is always
within reach.

Need help?
National suicide hotline: 1-800-273-8255
OR
Visit: www.raysofhopewestmorland.org

"HELP IS ALWAYS WITHIN REACH"

Wendover Middle School | Danielle Voit

JUNE

July 2022

M	T	W	T	F	S
				1	2
4	5	6	7	8	9
11	12	13	14	15	16
18	19	20	21	22	23
25	26	27	28	29	30

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30 • Memorial Day	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14 Flag Day	15	16	17	18
19 Father's Day Juneteenth	20 • 'Juneteenth' Observed	21	22	23	24	25
26	27	28	29	30	1	2

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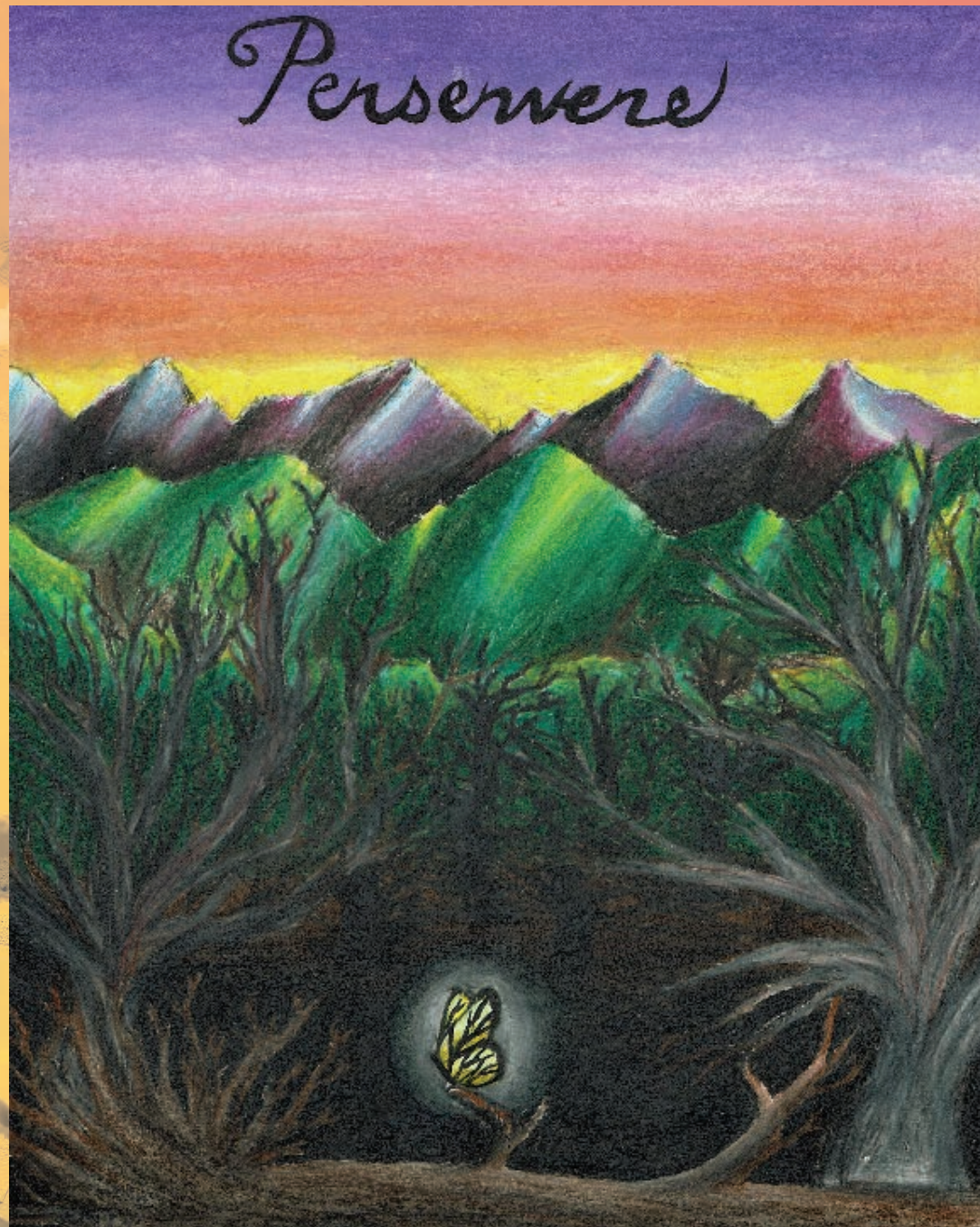
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"PERSEVERE"

Yough Senior High School | Cara Rossetti

JULY

August 2022

M	T	W	T	F	S
1	2	3	4	5	6
8	9	10	11	12	13
15	16	17	18	19	20
22	23	24	25	26	27
29	30	31			

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	1	2
3	4 • Independence Day	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

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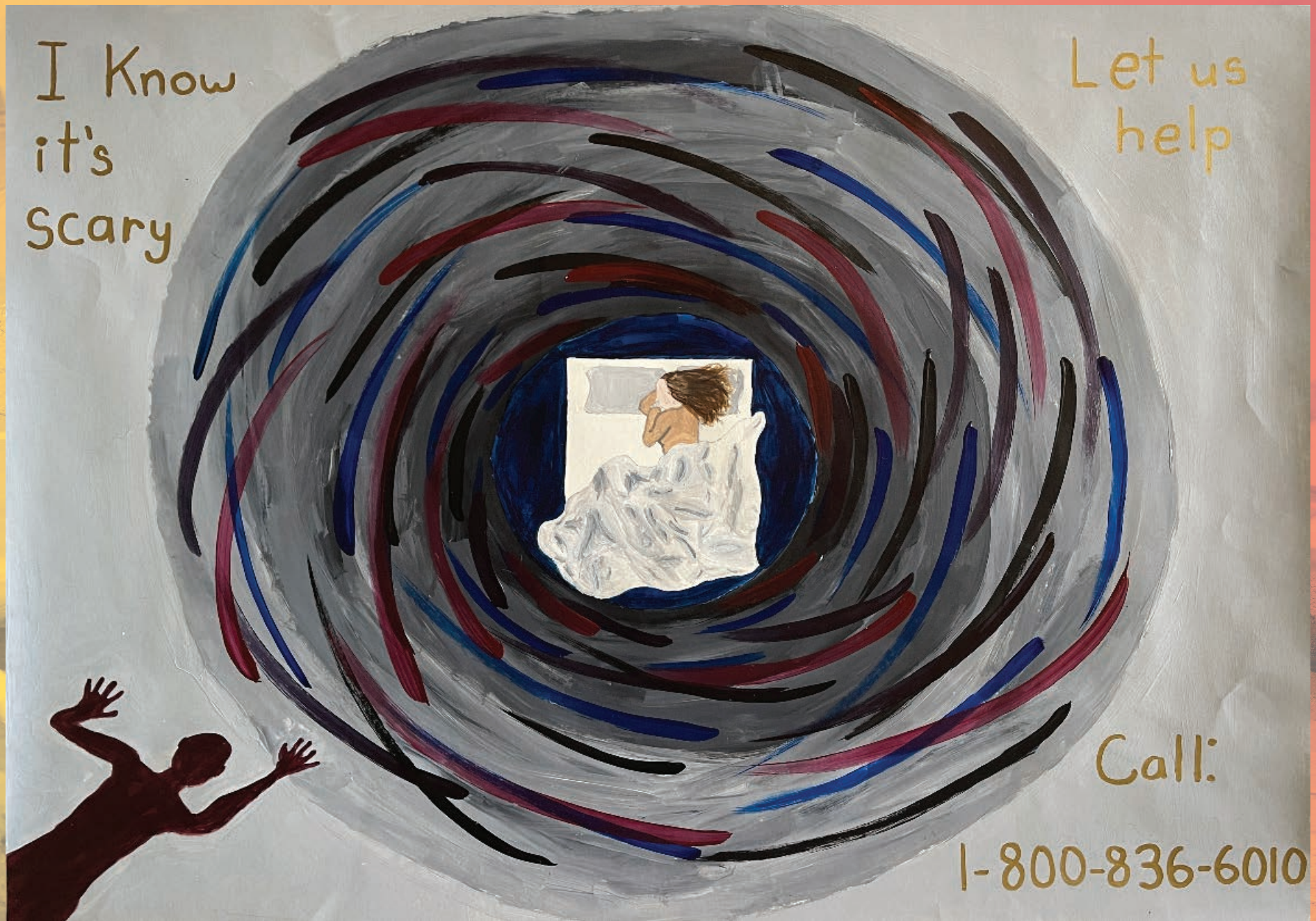
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"HELPING HAND"

Yough Senior High School | Ashlynn Swauger

AUGUST

September 2022

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3



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"TOGETHER HOPE GROWS"

Wendover Middle School | Rylie Barber

SEPTEMBER

October 2022

S	M	T	W	T	F	S
2	3	4	5	6	7	1
9	10	11	12	13	14	8
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1	2	3
4	5 • Labor Day	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26 Rosh Hashanah	27	28	29	30	1

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WARNING SIGNS

OF YOUTH SUICIDE

IDEATION

Talking or writing about death
Threatening or wanting to kill him/herself

ANXIETY

being agitated / unable to sleep
or constantly sleeping

ANGER

Uncontrollable rage,
seeking revenge

SUBSTANCE

ABUSE

Increased abuse of drugs/alcohol

TRAPPED

feeling trapped like there's
no way out (of daily life)

HOPELESSNESS

feeling like nothing is ever
going to get better

RECKLESS-

NESS

engaging in risky activities
without thinking

PURPOSE-

LESSNESS

No reason for living, no sense
of purpose in life

WITHDRAWAL

withdrawing from your friends,
family, and society

MOOD-

CHANGE

dramatic changes
in mood

"WARNING SIGNS OF YOUTH SUICIDE"

Wendover Middle School | Lauren Ackinclose

OCTOBER

November 2022

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26 Rosh Hashanah	27	28	29	30	1
2	3	4	5 Yom Kippur	6	7	8
9	10 • Columbus Day	11	12	13	14	15
16 Last Day of Sukkot	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31 Halloween	1	2	3	4	5

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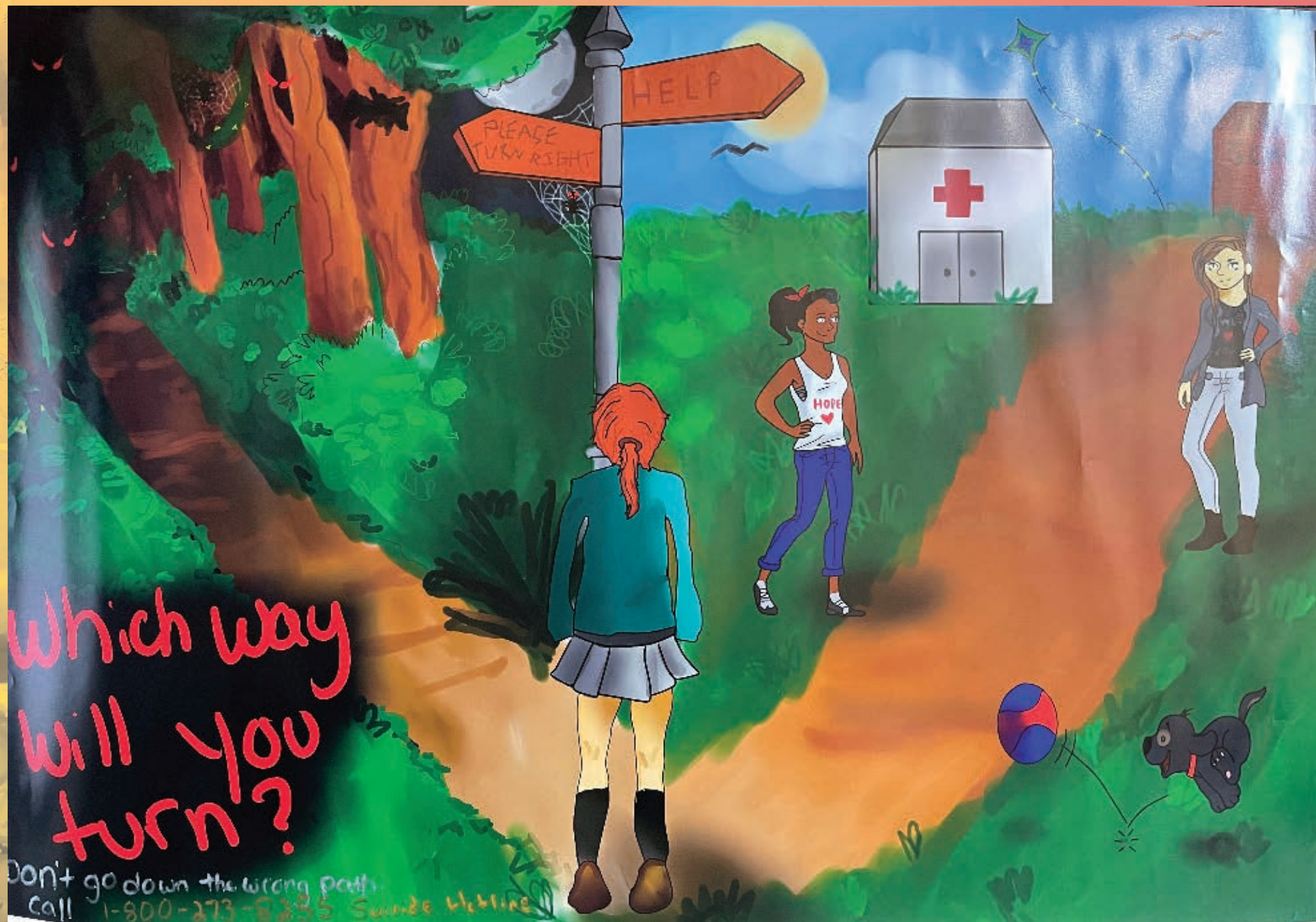
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"WHICH WAY WILL YOU TURN?"

Wendover Middle School | Danielle Voit

NOVEMBER

December 2022

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31 Halloween	1	2	3	4	5
6	7	8 Election Day	9	10	11 • Veterans Day	12
13	14	15	16	17	18	19
20	21	22	23	24 • Thanksgiving Day	25 Black Friday	26
27	28	29	30	1	2	3

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THERE IS

Hope.

THERE IS

Help.

YOU ARE NOT

Alone.

"YOU ARE NOT ALONE"

Norwin High School | Alyssa Minko

DECEMBER

January 2023

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19 Chanukah/Hanukkah (first day)	20	21	22	23	24 Christmas Eve
25 Christmas Day	26 • 'Christmas Day' Observed Last Day of Chanukah	27	28	29	30	31 New Year's Eve

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Excelsa Crisis Response Center

is available for walk-ins at Excelsa Westmoreland 7am –11pm. Entrance across Pittsburgh St. from main hospital entrance, or by phone at **724-832-4465**.

The emergency department at any Excelsa Health hospital is also available for behavioral health emergencies **24 hours a day, seven days a week**.

The Trevor Project

provides crisis services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.

Phone 24/7 1-866-488-7386, text "START" to 678678, or visit thetrevorproject.org.

Are you or someone you know at risk for suicide?

Warning Signs

- Depression
- Out of character behavior
- Final arrangements
- Desperation
- Hopelessness
- Anxiety/panic attacks
- Aggressive or impulsive behaviors
- Suicide threats

If you are concerned, take action--call now!! EVERY LIFE IS PRECIOUS!

Local Crisis Hotline:
1-800-836-6010

National Suicide
Prevention Lifeline:
1-800-273-TALK
Press 1 for Veterans



**Westmoreland County
Suicide Awareness &
Prevention Task Force**

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"YOU MATTER"

2022

December						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Nov 11	●	Veterans Day
Nov 24	●	Thanksgiving Day
Nov 25	●	Black Friday
Dec 19	●	Chanukah/Hanukkah (first day)
Dec 24	●	Christmas Eve
Dec 25	●	Christmas Day
Dec 26	●	'Christmas Day' Observed
Dec 26	●	Last Day of Chanukah
Dec 31	●	New Year's Eve



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**United Way
of Southwestern Pennsylvania**