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Thank you for registering for our 2nd Annual Virtual 5K Mental Health Awareness Race! Your registration ticket is attached to this email. When you complete your 5K, please email your finish time by October 28th to: beethe1tohelpsomeone@gmail.com

Your name and finish time will be posted on the website!

Here are the details:

Remember a virtual race is a race that can be run or walked from any location you choose. You can run, jog, or walk on the road, on the trail, on the treadmill, at the gym or with a team of friends on a track near you. You get to run your own race, at your own pace, and you can time it yourself.

Your support and participation is appreciated!

Let's tie those running shoes up and let's get walking or running!!!

We look forward to another amazing event!

Thank you!

Lauren B.
Your Team Bee

#TeamBee

Time is TBD

WHERE: YOUR CONVENIENT TIME & PLACE

[Learn more about this event](#)

Do You Know Someone Who Is Considering Suicide?

You can help save a life.

- Help that person talk about what's hurting so badly.
- Don't act shocked. Say you're there to listen.
- Ask direct questions about his or her plan. Get details about what the person is going to use. Does the person have those means? When does the person plan to complete suicide?

Get emergency help immediately by calling **911**, the 24-hour Hotline at **330-452-6000** or the National Suicide Prevention Lifeline at **800-273-TALK (8255)**

- Stay with that person until help arrives or get someone else to stay with him or her while you get help.

What To Do: Suicide Threats Are for Real

- Always take a suicide threat seriously.
- Never keep a suicide threat secret. Tell someone who can help.
- Let the person know you care and you want to get him or her help. Don't try to cheer up a suicidal person.
- Listen carefully. Don't offer quick solutions.
- Accept what the person is saying without judging.
- Act calm, even if you feel anxious. If you act shocked or agitated, the person may feel ashamed and uncomfortable.
- Assure the person that help is available, and you want to get him or her help.