

PLAY SPINGO

The Suicide Prevention Challenge

What's the Keystone Crisis Phone Number?	What is the National Crisis Text Line?	What is QPR?	Is it o.k. to ask the question?
Participate in a QPR training	Take a photo of purple lights or ribbons and post to Healthy Franklin County Facebook or Instagram	Participate in Youth Suicide Prevention Virtual Conference	Find Franklin County GIS Mental Health Mapper and take a picture
Do virtual mindfulness walk.	Share suicide prevention graphic from Healthy Franklin County Facebook.	Participate in "Option B" Book Discussion.	Download My Strength App (free).
Participate in virtual yoga.	Thank a Mental Health Worker.	What is the National Veterans Suicide Crisis Line?	What populations are high risk for suicide?

**Find more information and tips to help you complete the SPINGO card in the latest Healthy Franklin County Blog about suicide prevention month activities at www.healthyfranklincounty.org.*

Rules of Play

Instructions

Complete a SPINGO line by **Monday, September 7th, 2020**

2 entries into the big drawing

Complete two SPINGO lines by **Monday, September 14th, 2020**

4 entries into the drawing

Complete three SPINGO lines by **Monday, September 21st, 2020**

6 entries into the drawing

Complete entire card (Black Out) by **Monday, September 28th, 2020**

10 entries into the drawing

Entrants can write their answers directly on the card and/or send them in an email by the respective deadlines noted above. A completed copy of the card can be submitted (jpeg, pdf, photo) via email to npurdy@wellspan.org. You can submit completed cards on a rolling basis (the same card can be submitted each week or a new card with different SPINGO lines).

All entries must be submitted by September 28th, 2020. All participants will be recognized on the Healthy Franklin County Facebook page (unless participants they prefer not to be identified).

See the Healthy Franklin County Suicide Prevention Month blog post for a calendar of events during the month of September and information to help you complete the SPINGO card.

Prizes

There will be a total of 8 gift cards valued at \$25 each. **A drawing for all eight gift cards will be held on September 30, 2020.** A player can win up to two gift cards. Winners can choose gift cards from Target, Giant Food, Walmart, or Dick's Sporting Goods. Winners will be contacted about how to receive their gift card.

Please write in your answers in the space below questions. A "SPINGO" is a line across, down, or diagonal. A "blackout" is a completed card.

Include your information below to be contacted for prizes!

Name _____ Phone Number _____

Email _____

Address _____