

Read the text:

### Yellow September

Yellow September is a special month to talk about something very important: mental health. It started in Brazil in 2015. The color yellow was chosen because it means hope and light.

In September, many people and places use yellow to remind everyone to take care of their minds and emotions. The idea is to talk about feelings and help people who feel sad or worried. It's a time to show that it's okay to ask for help and to talk to others when we feel down.

In Brazil, there are places that can help people who are having bad thoughts, like wanting to hurt themselves. One important group is **CVV (Centro de Valorização da Vida)**. They have a free phone number (188) that people can call 24 hours a day to talk to someone. Other places like hospitals and **CAPS (Centros de Atenção Psicossocial)** also help people with mental health problems.

Yellow September is important because it helps save lives. When people talk about mental health, it makes it easier for others to understand and support each other.

Answer either in Portuguese or in English:

1. When did Yellow September start in Brazil?

\_\_\_\_\_

2. What does the color yellow mean?

\_\_\_\_\_

3. Why do people use yellow in September?

---

4. What is the main idea of Yellow September?

---

5. What is CVV? How can it help people?

---

6. What is the phone number for CVV?

---

7. What is CAPS?

---

8. Why is it important to talk about mental health?

---

9. Give two examples of transparent words.

---

10. De que maneira aprender sobre o **Setembro Amarelo** pode transformar a forma como lidamos com nossas próprias emoções e com o bem-estar das pessoas ao nosso redor? Quais ações concretas podem ser tomadas para promover um ambiente mais saudável e acolhedor em nossa comunidade?

---

---

---

---





shutterstock.com · 2026422155

You are  
**NOT ALONE!**



**WORLD SUICIDE PREVENTION DAY**  
SEPTEMBER, 10<sup>TH</sup>