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# Ann Flood

Pennsylvania State Representative  
**138th District**

[RepAnnFlood.com](http://RepAnnFlood.com)

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## Ride with the Blue in Bushkill Township

By State Rep. Ann Flood

On Sunday, I attended the Ride with the Blue event in Bushkill Township, hosted by Bikers Against Cop Killers (B.A.C.K.) and the Bushkill Township Volunteer Fire Company. This annual ride brings together hundreds of bikers and community members to raise funds in support of our local police and fire departments.

Local law enforcement and firefighters provided a safe escort, and it was wonderful to see so many come out to support our first responders. The day concluded back at the fire company with food, drinks and live music, offering a great opportunity for neighbors and visitors alike to connect and celebrate.

Thank you to everyone who helped make this event a success and for demonstrating the strong spirit of our community!

## Help Stop Suicide

By State Rep. Ann Flood

September is Suicide Prevention Awareness Month, a time to remember and honor those lost to suicide and to try to save lives by educating ourselves about the signs of suicide.

Those signs include feelings of hopelessness or of being a burden to loved ones, sleeping too little or too much, withdrawing or isolating oneself, and starting or increasing use of alcohol or drugs. A full list of warning signs and tips from the Substance Abuse and Mental Health Services Administration are available here.

If you or someone you know is in imminent danger of self-harm, call 911. Help is also available by calling 988 to connect with the Suicide and Crisis Lifeline, available 24 hours a day, 365 days a year.

To learn more about suicide risks and how to help someone in crisis, visit [preventsuicidepa.org](http://preventsuicidepa.org).