

WELLNESS WEDNESDAY

SUICIDE PREVENTION AWARENESS MONTH

Soak up the views. Take in the bad weather and the good weather.
You are not the storm.
- Matt Haig -

September is National Suicide Prevention Awareness Month and we are tackling this difficult subject. Suicide is an uncomfortable subject to talk about, but that is part of the problem—we don't talk about it. Although mental health stigmas have improved, struggles with mental health are not discussed nearly enough for people to get the help they need.

Suicide is largely preventable.

Being aware of signs that something has changed in a person's life is an important first step to help someone who may be suffering. It is also important for each of us to take proactive measures to protect our own mental well-being so that we may help others.

It's okay to not be okay.

- ✔ **Keep in touch with a therapist or other mental health provider.**
Establishing a relationship with a mental health professional makes it easier to reach out for help if and when you need it.
- ✔ **Stay connected to family and friends.**
Build resilience by reaching out to people who care about you and have honest conversations about mental health. It may feel uncomfortable, but a simple and sincere "how are you?" can make a difference.
- ✔ **Practice healthy problem-solving and coping skills.**
Exercise, journaling, and meditation are just a few ways to release thoughts to facilitate sound reasoning and emotional healing.
- ✔ **Identify the signs of suicidal thoughts.**
Whether you or someone you know needs help, know your resources.



Deconstruct the stigma of mental illness, strengthen the voice of hope, save lives.

Additional information may be found at:

American Foundation of Suicide Prevention: <https://afsp.org/>
Suicide Prevention Resource Center: <https://www.sprc.org/>
988 Suicide and Crisis Lifeline: <https://988lifeline.org/>