

MENTAL HEALTH NEWSLETTER

Mental health is not a destination, it's a process. It's about how you drive, not where you're going.

LGBTQ+ PRIDE MONTH

Why is Pride month important?

- ✚ Pride brings comfort and safety.
- ✚ Pride raises awareness.
- ✚ Pride normalizes LGBTQ+ families.
- ✚ Pride is an avenue to embrace diversity.
- ✚ Pride recognizes LGBTQ+ history and progress.
- ✚ Pride instills confidence in LGBTQ+ youth.
- ✚ Pride matters for LGBTQ+ businesses.
- ✚ Pride strengthens the bonds within a community.

10 Ways to Celebrate Pride

- Pride Parade
- Pride Picnic/BBQ
- Buy from LGBTQ shop
- Make a donation
- Change a behavior
- Drag Queen Storytime
- Talk to someone new
- Read re: LGBTQ hist
- Dine @ LGBTQ rest.
- Wear rainbows

2TRAVELDADS.COM

LGBTQ+ Suicide Prevention Resources

- National Suicide Prevention Lifeline**
1-800-273-TALK (8255)
Veterans: Press 1
- Trans Lifeline**
Support for transgender people, by transgender people
1-877-565-8860
- Text TALK to 741741**
Text with a trained counselor from the Crisis Text Line for free, 24/7
- SAGE LGBT Elder Hotline**
Peer-support and local resources for older adults
1-888-234-SAGE
- The Trevor Project**
TrevorLifeline: Available 24/7 at 1-866-488-7386
TrevorText: Text TREVOR to 1-202-304-1200
TrevorChat: Via thetrevorproject.org
- The LGBT National Hotline**
Peer-support and local resources for all ages
1-888-843-4564

afsp.org/lgbtq

American Foundation for Suicide Prevention

WHAT'S NEW??

PTSD AWARENESS MONTH

Learn the symptoms, causes, and myths/facts surrounding PTSD.

MEN'S HEALTH MONTH

Learn why it is important to talk about men's health.

MENTAL HEALTH AND MASS SHOOTINGS

Learn how to maintain our mental health during so much trauma and tragedy.

National PTSD Awareness Month

What is PTSD?

"Post-traumatic stress disorder (PTSD) is a mental health problem you may develop after experiencing **traumatic events**. The condition was first recognized in war veterans. It has had different names in the past, such as 'shell shock', but it's not only diagnosed in soldiers. A wide range of traumatic experiences can be **causes of PTSD**."

Facts about PTSD:

1. 8% of the population will experience PTSD
2. Women are more likely PTSD sufferers
3. There are two types of trauma and they range in the severity of the causes and triggers:
 - a. 'Big T' is any type of trauma that has occurred due to a life-threatening situation like wars, natural disasters, physical assault, etc.
 - b. 'Small t' is caused due to a disturbing event that is not life-threatening like divorce, abrupt relocation, financial woes, etc.
4. Experts state that it is completely normal and healthy to experience shivers and trembling after a traumatic, stressful event as it is the body's way to release all the excess adrenaline.
5. Many people can develop PTSD simply because they heard or witnessed someone else going through a traumatic event.

Men's Health Month

Did you know, on average, men die 5 years earlier than women? Men in the United States are dying at higher rates from heart disease, cancer, and unintentional injuries and in 2020, men died by suicide 3.88x more than women.

Men, especially men of color, are less likely to seek health for a physical or mental health issue. "About 21% of men admit to avoiding the doctor because they're too nervous to find out what might be wrong. It seems that the pressure to conceal weaknesses is so strong that it can even lead men into a state of denial." The American Psychological Association also found that 3 out of 10 men have suffered from depression in their lifetime. The goal of Men's Health Month is to minimize the stigma around getting help for physical and mental illnesses, as well as heighten early detection and treatment of disease among men and boys.

Tips for Men's Health Month:

1. Stay updated on doctor visits/vaccines.
2. Do your screenings.
3. Lower your stress.
4. Watch your risky behaviors.
5. Watch what you eat.

Maintaining Your Mental Health Amid the Mass Shootings

Have you been overwhelmed by recent events? Me too! Many people are struggling with stress and trauma even though they did not live through the tragedies. Secondary traumatic stress is the "emotional duress that results when an individual hears about the firsthand trauma experiences of another." Some ways you can manage these intense feelings and work towards healing is to remember the acronym **SAFETY!**

- S** = Safety First
- A** = Allow expression of feelings
- F** = Follow your child's leads
- E** = Enable your child to tell their story
- T** = Ties - Reconnect with support
- Y** = Your child needs you