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A Monthly Insight into Mental Health Trends

Mental Health *newsletter*

Suicide Warning Signs

F(eelings):

Hopelessness, fear of losing control, harming oneself or others, helplessness, worthlessness, self-hate, guilt, extreme sadness, loneliness, anxiety

A(ctions):

Increased use of alcohol/drugs, talking/writing about death, looking online for ways to kill yourself, engaging in self-destructive/harming behaviors, aggression, recklessness

C(hanges):

Personality, behavior, sleeping pattern, eating habits, losing interest in friends, hobbies, or personal appearance, sudden improvement after a period of being down or withdrawn

T(hreats):

Statements or threats such as:

- “I wonder what it’s like to die”
- “I won’t be around much longer”
- “You’d be better off without me”

Suicide attempts

S(ituations):

Getting into trouble at school, at home, or with law enforcement, changes in life that feel overwhelming, being exposed to the suicide/death of a peer, being bullied, or physically or sexually abused

National Suicide Prevention Month

Learning the warning signs to stop suicide

New Jersey is ranked 50th with suicide mortality. Not many people would want to be ranked dead last in a race, but in the fight against suicide, this is the best place to be! New Jersey’s suicide mortality rate was approximately 7.1 per 100,000 people. But why is this so low compared to other states, such as Wyoming with the worst rate of 30.5 per 100,000 people?

During the pandemic, most people feared that rates of suicide, anxiety, and depression would rise drastically. Early in the contagion

in NJ however, Gov. Murphy loosened restrictions so that doctors and therapists could see patients remotely. Doctors and clinicians have expressed that for those who are most at risk and are struggling to get out of bed, having access to services from the comfort of their own

homes have been lifesaving. People have also been taking advantage of emergency services: Mental health-related emergency room visits for teens ages 12-17 increased by 31% during the pandemic. Professionals also are noting that the immediacy of the pandemic caused people to have to shift their focus from managing their mental health to how to educate their children at home, food shopping

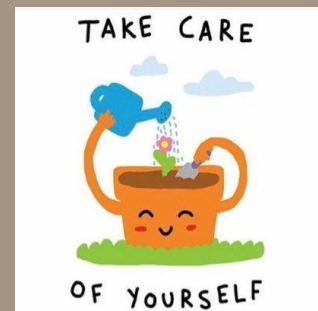
when things are out of stock and store are closed and trying to stay physically healthy from the virus.

Just when the caterpillar thought the world was over, it became a butterfly. The moment you’re ready to quit is usually the moment right before a miracle happens. Don’t give up.

New Jersey is also trying to improve their mental health services to not only combat suicidal ideation of students, but also to minimize the risk of school violence. These initiatives are being put forward to the Senate and the one of greatest priority is suggesting

that schools created behavioral threat assessment teams. It would also require training for school employees on safety and security (e.g., behavioral threat assessment). In 2022 so far, there have been 27 school shootings and there have been 119 school shootings since 2018 (this is with a year and a half off due to the pandemic).

National Self-Care Awareness Month



September is National Self-Care Awareness Month. Especially as we come into a new year and things already get stressful, it is important to ask yourself “what can I do as self-care for myself this school year?”

Physical Health

- ❖ Exercise/Get Physical
- ❖ Get good night’s sleep
- ❖ Eat a healthy meal
- ❖ Take a shower or bath
- ❖ Sit outside in the sunlight
- ❖ Have a cup of tea
- ❖ Drink plenty of water

Mental Health

- ❖ Practice mindfulness
- ❖ Take a break
- ❖ Play video games
- ❖ Listen to music
- ❖ Read a book
- ❖ Listen to a podcast
- ❖ Reflect on things you are grateful for

Spiritual/Social Health

- ❖ Go to a church service which aligns with your faith/beliefs
- ❖ Meditate
- ❖ Pray
- ❖ Call/text a friend
- ❖ Connect with nature
- ❖ Engage in self-reflection



New Hobbies and Self-Care Ideas

Many people hear the words “self-care” and just think it is the buzzword of the decade. But why do you think people keep preaching self-care? What even is self-care? How can it help you to enjoy your job, relationships, and life more?

Self-care may be defined by the term itself – caring for yourself. Self-care includes anything you do to keep yourself healthy – physically, mentally, and spiritually. Engaging in a self-care routine has been clinically proven to reduce or eliminate anxiety and depression, reduce stress, improve concentration, minimize frustration and anger, increase happiness, improve energy, and more.

Self-care is also not just one thing. Your self-care activity may look completely different than your loved ones, friends, colleagues, etc. Some people love to meditate and do yoga, while others love to participate in their town’s adult football league or do fantasy sports.

Above, you will find examples of self-care activities that can help keep you healthy in mind-body-spirit! Click [HERE](#) for a list of new hobbies you can try this year if you do not know of any hobbies or self-care activities that you currently have and enjoy.

Mental Health Hotline - 988

Beginning this summer 2022, the ‘988’ dialing code was put into effect to be operated through the existing National Suicide Prevention Lifeline. The goal of the hotline is to provide 24/7, free and confidential support to people in suicidal crisis or emotional distress.

To learn more about ‘988’ or for crisis information, please click here:

<https://988lifeline.org/current-events/the-lifeline-and-988/>

Hispanic Heritage Month

“Each year, Americans observe National Hispanic Heritage Month from September 15 to October 15, by celebrating the histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America.”



Hispanic Heritage Month began back in 1968 as Hispanic Heritage Week and was later expanded to be a month long under Ronald Reagan’s presidency in 1988. The theme of the month this year is “Unidos: Inclusivity for a Stronger Nation.”

Ms. Ily Soares stated “Hispanics in the United States are a diverse group who bring a rich combination of language, culture, educational backgrounds, and experience to the great American experiment. This diverse background brings with it a wealth of ideas and perspectives. One unifying factor within our Hispanic community is our desire to be included and represented in all aspects of American society. As has been proven, when different voices are sitting at the metaphorical table and included in key decisions, the entire community benefits from greater solutions that address concerns from all people. Whether it be education, government, business, or the environment, ensuring that all voices are represented provide results in better and more thoughtful decisions. These improved decisions support the greater good and minimize any negative impacts to marginalized communities and people of color. We call on citizens of this nation from all walks of life to look around and welcome new voices to the table. This will help us build stronger communities and in turn, a stronger nation.

ask the experts from Wondermind >>>

Try this:

The next time you feel like talking some s***, don’t. Just this once, see how abstaining from ye olde trash talk feels. If at the end of the day you don’t even remember what you were going to say, maybe it’s better you held back.

Think on this:

When was the last time you said no to something or someone? What emotions came up for you when you released that “no” into the world? Were you glad you did it in the end?

Remember this:

It’s OK to say how you really feel.

Mental Health & Transitions

Each school year, we all go through major transitions. We sometimes can forget the impact that transitioning out of one year into the summer, and then out of summer into a new school year, will do to a person. But how can we care for ourselves during life’s transitions?

- 1. Don’t feel guilty about your emotions**
 - a. You are entitled to your emotions whether you are facing a positive or a negative life change.
- 2. Look ahead, not backward**
 - a. You can’t change things that already happened – so visualize the future and how you would like to do better and keep improving!
- 3. Take one day at a time**
 - a. Focus on what small steps you can take today to help you work towards your end goals.
- 4. Keep a journal**
 - a. This can help you understand your feelings a bit better and figure out the “why” behind them.
- 5. Surround yourself with support**
 - a. Connection is key to navigating challenges!
- 6. Practice acceptance**
 - a. You can choose to accept reality and be willing to grow, or you can choose to live in resistance and bitterness