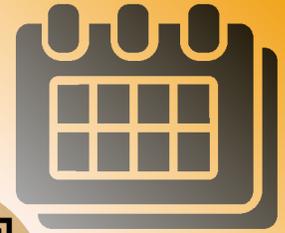




# NEWSLETTER 2024

Volume 9 Issue 4

A local suicide prevention coalition whose mission is to reduce the number of suicides and suicide attempts by increasing public awareness and providing educational and training resources.



[bit.ly/43BmlIX](https://bit.ly/43BmlIX)



## SEVEN WAYS TO COPE DURING THE HOLIDAYS

Looking ahead to holiday gatherings, events and activities may fill you with anticipation and excitement, along with a little angst. You may feel that build-up of anxiety as the holidays approach. Here are some coping strategies to help you bolster your mental health during the holidays:

**Practice Mindfulness and Meditation:** Mindfulness practices can be particularly helpful if you are traveling or dealing with an unusual schedule.

**Preventing Burnout:** It's OK to say No: It is important to prioritize and simplify: prioritize what brings joy and emotional recharge (people or activities) and simplify when you can.

**Take a Break:** If you see things are starting to take a turn for the worse, try not to let it escalate. There is no shame in removing yourself from the situation. Get up and leave the room or step outside until everyone cools down.

**Get some fresh air and sunlight:** Even if you're not a big winter sports enthusiast, getting outside for some fresh air and exposure to sunlight can help relax you and lift your mood.

**If you're in therapy, stay in therapy:** Although the holiday season may be overwhelmingly busy, try to keep any regularly scheduled therapy a priority. The holidays can bring up difficult emotions. Keeping scheduled therapy sessions helps ensure you have built-in time to explore anything that comes up.

**Grief and Loss:** Many people may have a more difficult time missing a loved one they have lost or simply experience increased grief or loss. Try honoring or celebrating them during the holidays.

**Financial Stress:** Try to avoid overspending and focus on celebrating together and showing affection by being present, engaging, and supporting each other.

For the full article: [rb.gy/chekl5](https://rb.gy/chekl5)



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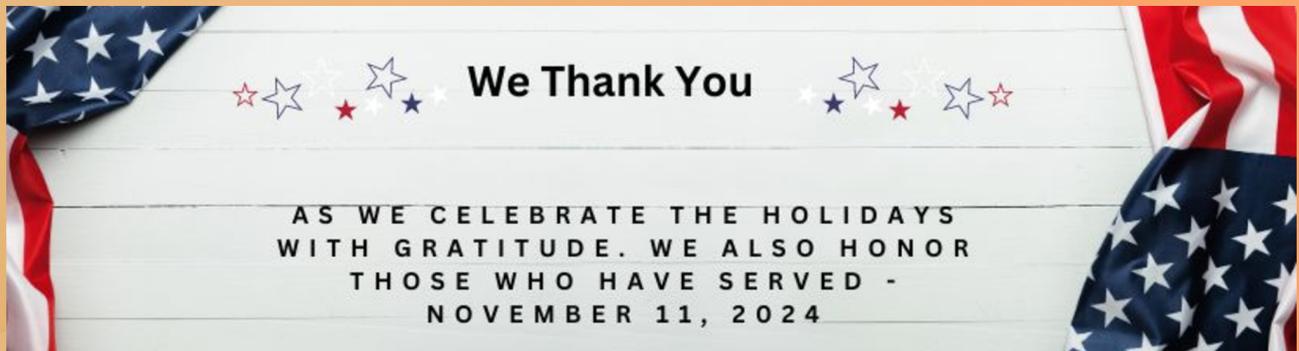
# WORLD MENTAL HEALTH DAY IS OCTOBER 10, 2024

## “MENTAL HEALTH AT WORK”

This World Mental Health Day, WHO is uniting with partners to highlight the vital connection between mental health and work. Safe, healthy working environments can act as a protective factor for mental health. Unhealthy conditions including stigma, discrimination, and exposure to risks like harassment and other poor working conditions, can pose significant risks, affecting mental health, overall quality of life and consequently participation or productivity. With 60% of the global population working, urgent action is needed to ensure work prevents risks to mental health and protects and supports mental health at work.

It is essential for governments, employers, the organizations which represent workers and employers, and other stakeholders responsible for workers' health and safety to work together to improve mental health at work. Action to address mental health at work should be done with the meaningful involvement of workers and their representatives, and persons with lived experience of mental health conditions. By investing efforts and resources in evidence-based approaches and interventions at work, we can ensure that everyone has the opportunity to thrive at work and in life. Let's take action today for a healthier future.

For the full article: [rb.gy/ikqx7x](https://rb.gy/ikqx7x)



## SHINING THE LIGHT ON STIGMA

Myth: People who take their own lives are selfish, cowards, or weak.

Fact: People do not die of suicide by choice. Often, people who die of suicide experience significant emotional pain and find it difficult to consider different views or see a way out of their situation. Even though the reasons behind suicide are quite complex, frequently suicide is associated with psychiatric illnesses, such as depression, anxiety, bipolar disorder, schizophrenia and substance use.

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