**◊◊◊ September 2023 Newsletter** ◊◊◊

(insert vision/a value statement/mission here)

**Communication is critical when it comes to the prevention of intractable pain, heart disease, sepsis, and suicide! Have you helped teach and guide a resident or friend on putting the CRISS LINE number into their phone system? This can be a strategy that saves lives. So often, we think of 911 when it is an emergency. But it does not have to be an emergency to call to talk to someone when you’re scared, troubled, or feeling like there’s no alternative or no hope. The Crisis Line will help get the person to someone who can talk; there is always someone to listen and support 24 hours a day, seven days a week. When completing a suicide risk assessment, this is always a good time to assess if you can help the person get the Crisis Line number into their contact list. What is the suicide number? How can you spread the word about the lifeline out there? These are just some of the questions this month to help us be better prepared to help those needing care.**

**September 2023**

Blood CA Awareness

National Cholesterol Education Month

Food Safety Education

Gynecological CA Awareness

Healthy Aging month

Alzheimer’s Day 9/21

National Preparedness Month

**Pain Awareness Month**

Prostate Cancer Awareness Month

Global Pulmonary Fibrosis Awareness Month

**Sepsis Awareness Month**

Reye’s Syndrome Awareness Month

**Suicide prevention Awareness**

Heart Awareness Day 9/29

**CELEBRATE YOUR COLLEAGUES/Community!**

National Grandparents Day

Environmental Service and Housekeeping Week

National Assisted Living Week

National Health Information and Technology Week

National Rehabilitation Awareness Week

A person holding a phone

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**Checking Your Knowledge/Self-Study Activity**: please answer the questions as you research the following websites and turn into \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ when completed.

[**https://988lifeline.org/**](https://988lifeline.org/)**;**

[**https://themighty.com/topic/suicide/why-talking-about-suicide-should-be-normalized/**](https://themighty.com/topic/suicide/why-talking-about-suicide-should-be-normalized/)

[**https://www.nimh.nih.gov/health/topics/suicide-prevention**](https://www.nimh.nih.gov/health/topics/suicide-prevention)

**Questions:**

1. **List possible warning signs that someone may be at risk for suicide.**
2. **List the 5 steps for helping someone with emotional pain.**
3. **List the 9 risk factors that may place a person at risk for suicide.**
4. **Outline the current therapies and treatments being offered to prevent suicide.**