

Wellness at Work

Creating a schedule can help you ensure you take your breaks. It can help you prioritize your time and avoid procrastination.



Did you know?



In the United States, depression costs \$51 million dollars in absenteeism and lack of productivity. Taking care of yourself and prioritizing your mental health is critical for everyone.

Self Care Challenge

Try to have three phone free nights per week to connect in other ways with yourself, your family, and your friends!



Suicide Prevention Month



Suicide Prevention Month is observed each September to raise awareness about mental health and suicide prevention, as well as to support those who are struggling with suicidal thoughts. It's a time to highlight the importance of mental health care, encourage conversations about mental well-being, and promote resources that can help individuals in crisis.

Throughout September, many organizations, communities, and individuals work to share information about warning signs, effective interventions, and resources such as 988 and counseling services. It's also an opportunity to show support for those affected by suicide and to reduce the stigma associated with mental health issues.

Knowing the warning signs of suicide can help save lives. The more warning signs present, the higher the risk of suicide.

- Isolation and withdrawal
- Expressing feelings of hopelessness or worthlessness
- Loss of energy
- Little interest in activities
- Major changes in mood
- Changes in sleep and appetite
- Giving away possessions
- Self harm
- Talking about suicide or methods to die by suicide

If you are concerned about the risk of suicide for yourself or someone else, please reach out to 988 for support and resources.



Support Others

- Be sure to have enough time to talk
- Find a private place to talk
- Listen without judgement
- Be patient and kind
- Share your concerns
- Talk to them about resources - have some on hand
- Offer to go with them to get help
- Talk about feelings of hope and let them know they are not alone

988

SUICIDE & CRISIS
LIFELINE