September Wellness Newsletter

This month we observe Self-Care Awareness, Suicide Prevention and National Recovery Month

These themes encourage individuals to prioritize their well-being by engaging in activities such as:

-Practicing self-care routines

-Getting regular exercise

-Eating a healthy diet

-Seeking mental health support

-Participating in health screenings

-Raising awareness about health issues

TAKE CARE OF YOUR SELF

SELF CARE

For Your Body
Stretch
Take a Shower
Eat Some Fruit

For Your Mind
Go for a Walk
Journal
Meditate

For Your Soul
Dance
Paint
Listen to Music

HELP BREAK THE STIGMA AND OFFER SUPPORT

Mental health is something we should all be more aware of, and whether it affects us or someone in our social circle, it's always good to know how to help.

LISTEN

Offering your support starts with simply being there to listen to how the person is feeling. It will go a long way.

UNDERSTAND

Try putting yourself in their shoes to understand what they may be going through, it's really about getting their point of view.

OFFER YOUR HELP & SUPPORT

Offering your support starts with simply being there to listen to how the person is feeling. It will go a long way.

BE HONEST & DON'T JUDGE

This is really important to allow the person to feel comfortable enough and to help them open up.

National Recovery Month

What is its purpose?

Increase Awareness:

To educate the public about the effectiveness of treatment and recovery services for mental and substance use disorders.

Reduce Stigma:

To combat the negative perceptions surrounding mental health and substance use disorders.

Celebrate Successes:

To recognize and celebrate the accomplishments of individuals who are in recovery.

Promote Hope:

To show that recovery is possible and that people can lead fulfilling lives after experiencing these challenges.

Encourage Help-Seeking:

To encourage individuals struggling with these disorders to seek professional help and support.

If you or someone you know is struggling with mental health issues and or additcion the peer support team can help