

# Health Insights

## September 2022

### Suicide Education & Prevention

Suicide is a leading cause of death for Americans, but like mental health in general, the topic rarely gets the attention it deserves. There is a stigma around suicide and mental health in the United States that hinders meaningful conversation about the subject. Open dialogue is essential to preventing these tragic deaths and establishing safety outlets for those in need.

Having a mental illness issue does not guarantee a person will be suicidal. However, some mental illnesses can make positive thinking much more difficult for many people. The CDC describes mental illness as “conditions that affect a person’s thinking, feeling, mood, or behavior.” Common types of mental illness include depression, anxiety, and personality disorders.

Current statistics estimate that approximately 1 in 5 Americans live with a mental illness. This dispels the idea that mental health is something that can be willed away. Chances are most people have either personally experienced or know someone with a mental illness, or work with an individual who has. We all must take meaningful steps to support people in our lives with mental health conditions rather than ignoring the symptoms. Inaction is a large part of the problem.

One of the most effective ways to reduce the risk of suicide is by being there for someone in need. Below are some resources that are aimed at addressing and preventing suicide resulting from mental illness:

- “Preventing Suicide: A Technical Package of Policy, Programs, and Practices” ([www.cdc.gov/violenceprevention/pdf/suicideTechnicalPackage.pdf](http://www.cdc.gov/violenceprevention/pdf/suicideTechnicalPackage.pdf))
- Important information about suicide in the United States ([www.cdc.gov/vitalsigns/suicide](http://www.cdc.gov/vitalsigns/suicide))
- The Depression and Bipolar Support Alliance ([www.dbsalliance.org](http://www.dbsalliance.org))
- American Foundation for Suicide Prevention is an organization dedicated to those affected by suicide by providing research, education, and advocacy as a nationwide community resource. (<https://afsp.org/>)
- “Be The 1 To” is a campaign created by the National Suicide Prevention Lifeline committed to suicide prevention. ([www.bethe1to.com](http://www.bethe1to.com))
- Also, visit [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org) or call 988



# Mental Health Moment

## 988 Suicide & Crisis Lifeline

In 2020, Congress designated a new 988 dialing code to be operated through the existing National Suicide Prevention Lifeline. Substance Abuse and Mental Health Services Administration (SAMHSA) sees 988 as the first step towards a transformed crisis care system in America.

### What is 988?

The 988 Suicide & Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline) offers 24/7 call, text, and chat access to trained crisis counselors who can help people experiencing suicidal, substance use, and/or mental health crisis, or any other kind of emotional distress. People can also dial 988 if they are worried about a loved one who may need crisis support.

### Is 988 only for suicide-related crises?

The Lifeline responds 24/7 to calls, chats, or texts from anyone who needs support for suicidal, mental health, and/or substance use crisis and connects those in need with trained crisis counselors. Beginning July 16, 2022, this will be true for those who access the Lifeline via the new 988 dialing code.

### How is 988 different from 911?

988 was established to improve access to crisis services to meet our country's growing suicide and mental health-related crisis care needs. 988 provides more accessible access to the Lifeline network and related crisis resources, which are distinct from the public safety purposes of 911 (where the focus is on dispatching Emergency Medical Services, fire, and police as needed).

988 frequently asked questions. SAMHSA. (2022, July 29). Retrieved August 3, 2022, from <https://www.samhsa.gov/find-help/988/faqs>

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## Selecting a Mental Health Professional

For many people seeking help from a mental health professional, selecting the right provider is an important decision that should be made carefully. Credentials, competence, and comfort level with the provider are all things that should be considered.

### Types of Providers

- **Psychiatrists** have medical degrees, can prescribe medication, and have completed at least three years of residency training beyond medical school in mental health care.
- **Psychologists** have a doctorate in psychology and generally complete a minimum of one or two years of internship before licensure.
- **Professional Counselors** have a master's degree in a mental health discipline and at least two years of supervised post-graduate experience.
- **Marriage and Family Therapists** typically have a master's or doctorate in marriage and family therapy and at least one year of supervised practice.
- **Social Workers** have a master's degree in social work and at least two years of supervised post-graduate experience.

### Finding the Best Fit

When choosing a mental health provider, there are many things you may want to consider or confirm.

- Seek referrals from physicians, friends, or family members
- Ask your health insurance company for a list of providers
- Contact your Employee Assistance Program (EAP) at work for a referral
- Consider other factors such as age, race, gender, religion, and cultural background
- Confirm what treatments each potential provider offers.
- Verify the provider's experience.
- Ask how the provider handles emergencies or crisis support.
- Confirm if the provider is in your health plan's network

When looking for a mental health provider, remember that you may be establishing a long-term relationship with this practitioner, so it's important to feel as comfortable with them as possible.



## Ground Turkey Stuffed Peppers

### Ingredient List:

- 6 large bell peppers, any color
- 2 cups wild rice, cooked
- 1 lb. 93% Lean ground turkey
- 2 cloves garlic, minced
- 1 small onion, diced
- 1 16 oz. jar crushed tomatoes
- 1 teaspoon Italian seasoning
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 ½ cups sharp cheddar cheese, shredded
- 1 tablespoon olive oil

1. Preheat the oven to 350 degrees. Prepare your rice and set it aside.
2. Remove stems and seeds from the peppers, trim the bottoms to help them sit flat in the skillet, and rinse thoroughly. In a large pan, boil the peppers for 5 minutes, remove from the water, and turn upside down onto a paper towel to dry.
3. Add the olive oil, garlic, and onion in a large skillet, and sauté until tender. Add the turkey and brown until thoroughly cooked.
4. Add the crushed tomatoes, rice, Italian seasoning, salt, pepper, and ½ cup of the shredded cheese and stir until blended.
5. Fill the peppers evenly with the mixture and place in a lightly greased 10-inch cast iron skillet or baking dish of your choice. Bake uncovered for 25 to 30 minutes. Remove the baking dish from the oven and add the remaining cheese to the top of the peppers. Bake for an additional 5 minutes or until the cheese is melted.

Yield: 6 Serving Size: 1- Amount Per Serving: Calories: 544, Total Fat: 31g, Saturated Fat: 14g, Trans Fat: 1g, Unsaturated Fat: 13g, Cholesterol: 135mg, Sodium: 930mg, Carbohydrates: 31g, Fiber: 3g, Sugar: 7g, Protein: 38g

Easy Ground Turkey Stuffed Peppers!!!" Dear Crissy, 17 Feb. 2021, <https://dearcrissy.com/ground-turkey-stuffed-peppers-recipe/>



## Suicide Education and Prevention

### Suicide Education and Prevention

1. *Fill in the blank:* Mental illness includes conditions that affect a person's \_\_\_\_\_
2. What plays an important part in preventing suicide?
  - a. Open Dialogue
  - b. Nutrition
  - c. Exercise

### 988 Suicide & Crisis Lifeline

3. What is the new three-digit Suicide & Crisis Lifeline?
4. *True or False:* 988 is for anyone who needs support for suicidal, mental health, and/or substance abuse.

### Selecting a Mental Health Professional

5. Which of these is not a type of mental health professional?
  - a. Psychologist
  - b. Chiropractor
  - c. Professional Counselor

See page 5 for quiz answers

# Healthy Habits Calendar


## September 2022 - Suicide Education & Prevention

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <b>Welcome to September!</b> Start the <i>Think Positive Bingo Challenge</i> (see pg 5)	2 <b>Friendly Friday:</b> Have a game or movie night with friends	3 <b>Schedule Saturday:</b> Plan out your monthly schedule
4	5 Labor Day	6 <b>Title Tuesday:</b> Start a new book	7	8	9 <b>Fun Friday:</b> Plan a fun activity with family or friends	10
11 Patriot Day	12 <b>Mindful Monday:</b> Practice mindfulness for 15 minutes	13	14	15 <b>Tidy Thursday:</b> It's halfway through the month! Tidy up your house or workspace	16	17 Selichot <b>Super Saturday:</b> Treat yourself to something you enjoy today
18 <b>Self-care Sunday:</b> Take a break from social media	19	20 <b>Thankful Tuesday:</b> Find a way to thank someone	21 <b>Wellness Wednesday:</b> Go to bed an hour early	22 First Day of Fall	23	24 <b>Service Saturday:</b> Find a way to give back
25 Rosh Hashana (Begins)	26 <b>Motivation Monday:</b> Listen to a podcast or something that motivates you	27 Rosh Hashana (Ends)	28 <b>Challenge Check-in:</b> Did you get Bingo blackout?	29	30 <b>Fitness Friday:</b> Exercise for 30 minutes and try setting a fitness goal for next month	



# Challenge: Think Positive Bingo

This month focus on making positive changes in your life. Cross a square off every time you accomplish something positive.

Took 20 mins for myself	Wrote down 10 things I'm grateful for	Went for a walk outside	Called someone I love	De-cluttered my workspace
Took a day off from social media	Made some short-term goals	Said 5 affirmations in the morning	Watched the sunrise/sunset	Donated items to a thrift store
Ate lunch in a new environment	Unsubscribed to unnecessary emails		Sent encouraging texts to loved ones	Went to bed 30 mins earlier
Spent time with a loved one	Started a new book	Accomplished something I procrastinated	Had a well-rounded breakfast	Listened to new music
Tried a new hobby	Did something that brought me peace	Watched an educational video	Said "no" to something that causes stress	Said 5 affirmations before bed

## Answers to Quiz:

Q1: Thinking, feeling, mood, or behavior | Q2: a. Open Dialogue | Q3: 988 | Q4: True | Q5: Chiropractor