

# Health Insights

September 2024

## Suicide Prevention

Suicide is the 10<sup>th</sup> leading cause of death across all ages in the United States and the 2<sup>nd</sup> leading cause of death for Americans between the ages of 10 and 34.

### Who Is at Risk?

People of all ages can attempt suicide, but some groups are at higher risk than others. Men are more likely than women to die from suicide, but women are more likely than men to attempt suicide. Several factors can also contribute to the risk of suicide, such as:

- Previous suicide attempt(s)
- History of depression, an eating disorder or other mental illness
- Alcohol or drug abuse
- Family history of suicide, violence or abuse
- Physical illness
- Relational, social, work or financial loss
- Feelings of hopelessness
- Impulsive or aggressive tendencies
- Barriers to accessing mental health treatment
- Feeling alone

### Warning Signs

When a person is thinking about suicide, they will likely display indications, which may include:

- Threats, talk, or writing of suicide or hurting oneself
- Withdrawal from family and friends
- Sudden, excessive, and/or uncontrolled rage
- Taking unnecessary risks or exhibiting self-destructive behavior
- Increased alcohol and/or drug use
- Dramatic mood swings

### Prevention

If someone you know is struggling with suicide, start a conversation regarding their feelings. Call, text, or chat the [National Suicide Prevention Hotline 988 \(988lifeline.org/\)](https://www.988lifeline.org/) for help. Do not leave them alone, and if they refuse professional help, see that a trusted person stays with them.



# Mental Health Moment

## Suicide Prevention Resources

The topic of suicide can be overwhelming, especially when it concerns a friend or family member. These resources are available to help you and your loved ones through a difficult time.

- **National Suicide & Crisis Lifeline** ([988lifeline.org/](https://988lifeline.org/)): 24/7 crisis hotline available through call, text or chat 988. If you or someone you know is struggling with suicide or is in crisis, 988 is available to help for free.
- **Crisis Text Line** ([www.crisistextline.org/](https://www.crisistextline.org/)): Text TALK to 741-741. 24/7, high-quality text-based mental health support and crisis intervention.
- **Veterans Crisis Line** ([www.veteranscrisisline.net/](https://www.veteranscrisisline.net/)): Dial 988 then Press 1 or text 838255. 24/7 confidential crisis support for Veterans and their loved ones.
- **SAMHSA Helpline** ([www.samhsa.gov/find-help](https://www.samhsa.gov/find-help)): Call 1-800-662-HELP (4357), for free and confidential treatment referral and information on mental and substance use disorders, prevention and recovery.
- **RAINN - National Sexual Assault Hotline** ([hotline.rainn.org/online](https://hotline.rainn.org/online)): Call 800-656-HOPE (4673) or chat online. RAINN provides trained sexual assault hotline staff 24/7, in English and Spanish, to support communities with crisis intervention
- **The Trevor Project** ([www.thetrevorproject.org/](https://www.thetrevorproject.org/)): Call 1-866-488-7386, text 678-678 or chat online. Provides information and support to the LGBTQ+ community 24/7.

## The Power of Sleep

Poor sleep habits can affect your physical and mental health. In fact, lack of sleep can contribute to various mental health challenges including anxiety and depression. According to the Institute of Medicine, 30 million Americans suffer from insomnia. This means many of us are not getting enough sleep, or quality sleep, at night.

It is recommended that adults get at least 7-8 hours of sleep a night. A study published in Sleep Medicine reported that sleep disturbances were linked to higher levels of psychological distress, like feeling anxious or overwhelmed. Poor sleep can negatively affect a person's ability to respond to stressors. Anxiety and depression are commonly linked to a lack of sleep, both of which can cause significant impairment in daily life. Conversely, quality sleep can sharpen a person's cognitive skills—including attention, learning, and memory. It goes without saying that we just feel better after a good night's sleep.

### Tips for a Better Night's Sleep:

- Keep a consistent sleep schedule
- Set a regular bedtime
- Only go to bed when you're tired
- Establish a bedtime routine
- Make your bedroom quiet and relaxing
- Limit exposure to bright light in the evening
- Turn off electric devices at least 30 minutes before bedtime
- Don't eat a large meal before bedtime
- Exercise regularly
- Maintain a healthy diet
- Avoid consuming caffeine in the afternoon or evening
- Reduce your fluid intake before bedtime

Proper sleep at night is essential to improve and maintain good mental health. Contact your doctor to discuss your sleep concerns.



# Stampede Soup

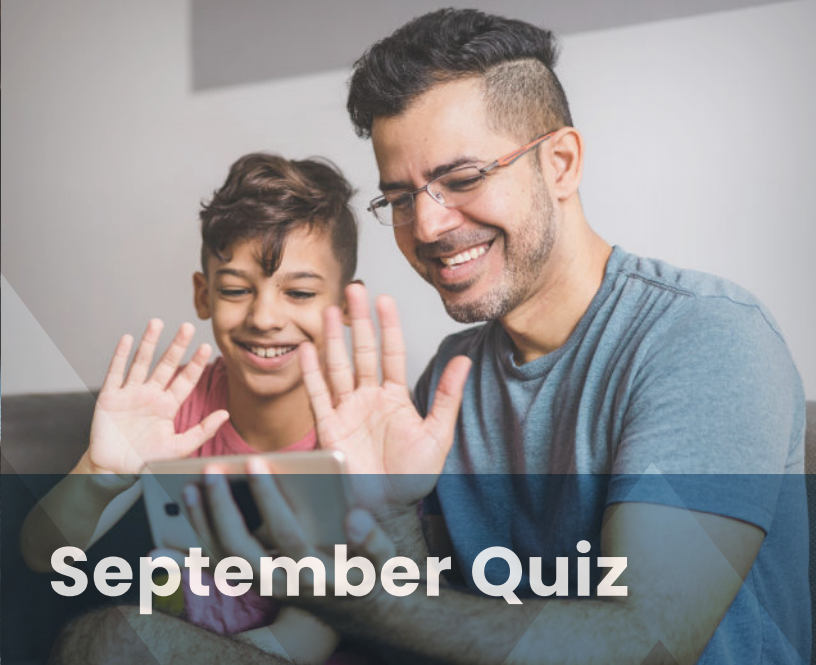
## Ingredients:

- 1 ¼ cups frozen mixed vegetables
- ¼ cup unsalted butter
- ¼ cup all-purpose flour
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ¼ teaspoon white pepper
- 2 ½ cups low-sodium chicken broth
- 1 cup heavy cream
- Kosher salt, to taste
- ¼ cup chopped fresh parsley
- Lemon wedges, for serving

## Directions:

1. Cook vegetables following package directions. Drain and finely chop.
2. Meanwhile, melt butter in a large pot set over medium heat. Whisk in flour; stir until smooth and combined. Continue cooking and whisking until deep golden in color, about 4 or 5 minutes. Add onion powder, garlic powder, and white pepper and whisk until combined.
3. Whisk stock into mixture, then bring to a boil over medium-high heat, whisking slowly and constantly. Reduce heat to medium to maintain a simmer; cook, whisking occasionally, until slightly thickened, about 10 minutes. Stir in cooked vegetables and heavy cream. Season to taste with salt.
4. Portion into bowls, garnish with parsley, and serve with a lemon wedge.

Haas, S. (2023, October 27). Dolly Parton's stampede soup is the fall recipe I've been waiting for. Allrecipes. [www.allrecipes.com/recipe-8382887](https://www.allrecipes.com/recipe/8382887/dolly-partons-stampede-soup-recipe-8382887)



# September Quiz

## Suicide Prevention

1. Which of the following is not a warning sign of suicide?
  - a. Feeling Alone
  - b. Spending time with family
  - c. Alcohol or drug abuse
2. Suicide is the \_\_\_\_\_ leading cause of death across all ages in the United States.

## Suicide Prevention Resources

3. What is the three digit phone number for the National Suicide & Crisis Lifeline?
  - a. 811
  - b. 411
  - c. 988
4. What is one suicide prevention resource?

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## Mental Health Moment

5. What is the recommended amount of sleep adults should get each night?
  - a. 7-8 hours
  - b. 4-6 hours
  - c. 10-12 hours

# Healthy Habits Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Start the Attitude of Gratitude Challenge!	2 Labor Day	3 <b>Tuesday's Tip:</b> Add one mental health support hotline to your contact list.	4	5	6 <b>Fitness Friday:</b> Enjoy a workout outside.	7
8	9 <b>Meatless Monday:</b> Try to replace one meal with a meatless option.	10	11 <b>Wellness Wednesday:</b> Take 10 mins to yourself before bed.	12 <b>Challenge Check-In:</b> What is one thing you are grateful for?	13	14 <b>Social Saturday:</b> Enjoy an activity with friends and family.
15 <b>Sunday Reset:</b> Tidy up your room before bed.	16	17 <b>Tasty Tuesday:</b> Try this month's recipe.	18	19	20 <b>Fruitful Friday:</b> Purchase in-season fruit.	21
22	23 <b>Motivation Monday:</b> Set a personal goal for the week.	24	25 <b>Workout Wednesday:</b> Try a new form of physical activity.	26	27	28 <b>Challenge Check-In:</b> Write down three things you are grateful for before starting your day.
29 <b>Self-Care Sunday:</b> Do something you enjoy.	30					

30 DAY WELLNESS CHALLENGE

# Attitude of Gratitude



Write down 2 things you are grateful for at the end of each day. Studies have shown that making gratitude lists increases psychological well-being and emotional intelligence. Try not to repeat entries; at the end of this challenge you will have recognized 60 things you are grateful for.

## What are you grateful for?

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
DAY 1				
DAY 2				
DAY 3				
DAY 4				
DAY 5				
DAY 6				
DAY 7				

### Answers to Quiz:

Q1: b. Spending time with family

Q2: 10<sup>th</sup>

Q3: c. 988

Q4: National Suicide & Crisis Lifeline / Crisis Text Line / Veterans Crisis Line  
SAMHSA Helpline / RAINN / The Trevor Project

Q5: a. 7-8 hours