



WASHINGTON HEALTH SYSTEM
Center for Mental Health and Wellbeing

MONTHLY NEWSLETTER



Suicide Prevention Month

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues.

September is Suicide Prevention Month — a time to raise awareness and discuss this highly stigmatized topic. In addition to shifting public perception, we use this month to spread hope and vital information to people affected by suicide. Our goal is ensuring that individuals, friends and families have access to the resources they need to discuss suicide prevention and to seek help.

Crisis Resources

- If you or someone you know is experiencing a mental health crisis, [call](#) or [text 988](#) immediately.
- If you are uncomfortable talking on the phone, you can chat the Suicide & Crisis Lifeline at 988lifeline.org.
- You can also text **NAMI** to **741-741** to be connected to a free, trained crisis counselor on the Crisis Text Line.
- [Know the Warning Signs and Risk Factors of Suicide](#)
- [Being Prepared for a Crisis](#)
- [Read our guide, "Navigating a Mental Health Crisis"](#)
- [What You Need to Know About Youth Suicide](#)

Need more information, referrals or support? Contact the [NAMI HelpLine](#).

To read the full article and get the statistical data and graphs, please visit: [Suicide Prevention Month | NAMI: National Alliance on Mental Illness](#)

**September
2023**



Month

- National Recovery Month
- National Suicide Prevention Month
- Self Care Month
- Mullets for Mental Health Month
- Pain Awareness Month

Week

- National Suicide Prevention Week (Aug. 6-12)

Day

- Every Woman Day (TBD)
- World Suicide Day (Sept. 10)
- R U OK? Day (Sept. 14)
- National Sober Day (Sept. 14)
- California Native American Day (Sept. 22)
- National Women's Health and Fitness Day (Sept. 22)

To learn more visit:

<https://sacwellness.com/mental-health-awareness-calendar/>



5 Ways to Celebrate National Self-Care Awareness Month

Sometimes you need to put yourself first in order to be the best version of yourself for others. September is the perfect month to practice prioritizing some “me” time, because it’s National Self-Care Awareness Month. While it’s easy to get wrapped up in checking in on others, it’s important for your mental health to practice self-care. Check out these ways to promote self-care in your life, so you can walk away feeling refreshed and ready to do more good in the world.

1. **Set Goals for Yourself** – Rome wasn’t built in a day, and healthy self-care habits follow suit. Find something that makes you happy, start by setting a small goal of doing that activity each day. This could be something as simple as reading, a book for 15 minutes or taking a walk around the block. Remember that a small goal can make a big difference in your life. These things add up.
2. **Try Meditating** – Life can be noisy. Many people go an entire day without complete silence. From radios in the car to kids running around, there is constantly noise to distract our thoughts. Take time to center yourself through meditation. There are many apps out there you can download to your phone to help guide your meditation journey. Plus, you can meditate by using just minutes of your day. This is a fast and easy way to focus on yourself.
3. **Check on a Friend** – It’s easy to lose touch with friends in our lives, especially with something as crazy as a global pandemic happening. Think back, when was the last time you called somebody simply to catch up? Pick a friend you may be missing, and then pick up the phone to give them a call. It can be good for you AND them to have a touch base.
4. **Do Something Good for Others** – Yes, self-care awareness month is about your mental health. But did you know that doing something good for others can help boost endorphins? Even the smallest acts of kindness can provide a boost to your day. Try one of these small things to brighten somebody else’s day, and your day at the same time.
5. **Practice Saying NO** – The word “no” often gets a bad rap, but it could be vital for your mental health. Instead of devoting yourself to five separate projects where you’re stretched too thin, go all-in on the project that brings you the most joy and excitement. Everybody needs a break, and you should actively consider whether or not taking on something new or attending an event will be good for your health and well-being.

To read the full article, please visit: [5 Ways to Celebrate National Self-Care Awareness Month – IMPACT Community Action \(impactca.org\)](#)

Did You
Know?



**YOU’RE NOT
ALONE!**

We can all help prevent suicide. The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

To read the full article, please visit: [Lifeline \(988lifeline.org\)](#)



Dear Valued Referral Sources,

September is a new month. New month, new chapter, new page, and new wishes. May the month of September give you courage, strength, confidence, patience, self-love, and inner peace. May everyday in September fill your days with hope, love, sunshine, and energy. We appreciate you!

Sincerely,

Jennifer Campbell, MSW, LSW

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WHS Center for Mental Health & Wellbeing



Contact Information:

Inpatient Behavioral Health	P: 724-223-3195 F: 724-229-2128	155 Wilson Ave Washington, PA 15301
Outpatient Behavioral Health	Greene P: 724-627-2756	220 Greene Plaza Rear Waynesburg, PA 15370
Outpatient Behavioral Health	Peters Township P: 724-579-1075	4198 Washington Road, Suite 5 McMurray, PA 15317
Outpatient Behavioral Health	Washington P: 724-579-1075	95 Leonard Ave Building #1, Suite 301 Washington, PA 15301

Behavioral Health Management:

Jennifer Campbell, MSW, LSW – Clinical Manager
Outpatient Services P: 724-627-2526

Mark Wright, MBA, RN – Inpatient Unit Manager P: 724-223-3197

Greene County Crisis Line: 1-800-417-9460

Washington County 24-Hour Crisis Hotline: 1-877-225-3567

National Suicide Prevention Lifeline: 1-800-273-8255

Greenbriar Treatment Facility: 1-800-637-4673

SPHS, Center of Excellence Opiate Use Disorder Hotline: 1-888-810-8595

STTARS Sexual Assault Hotline (Greene & Washington): 1-888-480-7283