



WASHINGTON HEALTH SYSTEM  
Center for Mental Health and Wellbeing

# MONTHLY NEWSLETTER

OCTOBER IS

## NATIONAL BULLYING PREVENTION MONTH

October  
2023



### Month

ADHD Awareness Month  
National Depression  
Education and Awareness  
Month

National Depression and  
Mental Health Screening  
Month

Health Literacy Month

Bully Prevention Month

Domestic Violence Awareness  
Month

Pregnancy and Infant Loss  
Awareness Month

Selective Mutism Awareness  
Month

National Disability  
Employment Awareness  
Month

### Week

Trichotillomania Awareness  
Week  
(Oct. 1-7)

Dermatillomania Awareness  
Week  
(Oct. 1-7)

Mental Illness Awareness Week  
(Oct. 2-8)

Baby Loss Awareness Week  
(Oct. 9-15)

OCD Awareness Week  
(Oct. TBA)

National Health Education  
Week  
(Oct. 16-20)

Body Acceptance Week  
(Oct. 23-27)

International Stress Awareness  
Week  
(Oct. 30- Nov. 2)

To learn more visit:

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

National Bullying Prevention Month is a campaign in the United States founded in 2006 by PACER's National Bullying Prevention Center. The campaign is held during the month of October and unites communities nationwide to educate and raise awareness of bullying prevention. Initially held the first week in October, the event was expanded in 2010 to the entire month.

PACER developed the initial campaign, National Bullying Prevention and Awareness Week, to raise awareness about bullying. Historically, bullying had been viewed as “a childhood rite of passage” that “made kids tougher,” but the reality has always been that bullying can leave devastating and often long-term effects such as a loss of self-esteem, increased anxiety, and depression for those involved. PACER reached out to the community through partnerships with education-based organizations such as the National PTA, the American Federation of Teachers and the National Education Association to provide schools, parents and students with the educational resources and support to better respond to bullying behavior. The National Bullying Prevention Center laid the groundwork so that National Bullying Prevention Month is now a nationwide call to action around educating communities as to their roles in bullying prevention. This initiative has helped shift thinking away from bullying as “rite of passage” and toward the knowledge that bullying can be prevented and stopped through education and awareness.

National Bullying Prevention Month is recognized in communities across the United States, with hundreds of schools and organizations signing on as partners. Facebook, Disney, Instagram, CNN, TLC and Yahoo! Kids and many others have supported the month through media outreach and dissemination.

National Bullying Prevention Month is an opportunity to:

- Encourage the nation to take action at the local level to create safe and supportive schools
- Offer information and education about how everyone can prevent bullying
- Provide a platform to hold school and community events
- Share information about the issue through news media, social media, videos, and print publications
- Speak with education and public policy leaders about their roles in bullying prevention
- Promote dialogue between educators, parents, and students on their roles in addressing and preventing bullying
- Invite organizations to share information about their bullying prevention resources
- Inspire everyone to unite for kindness, acceptance, and inclusion
- Help create a world without bullying

To read the full article and get the statistical data and graphs, please visit: [History - National Bullying Prevention Month \(pacer.org\)](https://www.pacer.org/national-bullying-prevention-month/)



## Raising Awareness of Stress Around the World

*“Stress manifests itself in many facets of people’s lives and statistics show that stress and mental health-related issues are increasing since the pandemic. Therefore, we need to amplify our efforts to address these issues, seeking to reduce their adverse effects, as well as the stigma that continues to attach to them. I am delighted that ISMA<sup>UK</sup> are redoubling their efforts in these areas, and the Online Stress Summit they are holding on the 25<sup>th</sup> anniversary of Stress Awareness Day will shine a spotlight on some of today’s key topics, including men’s mental health, the social taboos around money, finance and wellbeing, and the impact of technology and AI on people in the workplace. Please support their efforts by spreading the word and attending these helpful sessions.” – Professor Sir Cary Cooper CBE*

**International Stress Awareness Week is October 30<sup>th</sup> – November 3<sup>rd</sup>**

International Stress Awareness Week attracts media attention worldwide. The highlight is Stress Awareness Day on Wednesday 1st November 2023 when they will be delivering an online Global Stress Summit.

Their goal is to raise awareness of stress around the world and improve the ways in which stress is managed in the workplace and in our personal lives. International Stress Awareness Week is their major annual event focusing on stress management and campaigning against the stigma associated with stress and mental health issues. It was created in 2018 to raise awareness about stress and its harmful effects.

Stress Awareness Day, established by ISMA<sup>UK</sup> 25 years ago, takes center stage on Wednesday, November 1st. They invite you to join their **one-day online global Stress Summit**, featuring a diverse lineup of renowned experts who will lead insightful webinars on topical subjects.

To read the full article, please visit: [Global Online Stress Summit | ISMA Stress Management Association](#)

Did You Know?

**BODY  
ACCEPTANCE  
WEEK**

IS OCTOBER  
24<sup>th</sup>- 28<sup>th</sup>.

**Body Acceptance Week** (October 23-27, 2023) is an exciting, new initiative promoting body acceptance—including body positivity, body neutrality, and body liberation—for all.

Research shows that body dissatisfaction is a leading risk factor in the development of an eating disorder. As part of NEDA’s commitment to eating disorder prevention, Body Acceptance Week provides resources, education, and support for those experiencing body dissatisfaction and its associated risk factors.

In celebration of #BodyAcceptanceWeek, **take the body affirmation pledge** to show your commitment to body acceptance for yourself and others.

To read the full article, please visit: [Body Acceptance Week | National Eating Disorders Association](#)



Dear Valued Referral Sources,

Wishing that this new month be as bright as the sun, as cheerful as children's laughter, and as beautiful as flowers! Thank you for your support!

Sincerely,

***Jennifer Campbell, MSW, LSW***

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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