

Mental Health Matters

Everyone has a Story

September 2022



Kickin' off 22-23

STOPPING THE STIGMA

Mental Health conditions affect all walks of life regardless of age, race, gender, or other background.

EVERYONE HAS A STORY!

We want to normalize self care and seeking help for mental health needs.

Each month, we will be providing a newsletter highlighting various topics and initiatives in our schools. Our goal is to **stop the stigma**, raise awareness, and provide a supportive community for everyone.

Suicide Prevention

September is Suicide Prevention and Awareness month. Suicide is often a "taboo" topic, which carries significant stigma. Like all mental health conditions, suicide can affect anyone regardless of race, gender, age or background.

Coping with Stress

Stress

noun

a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.

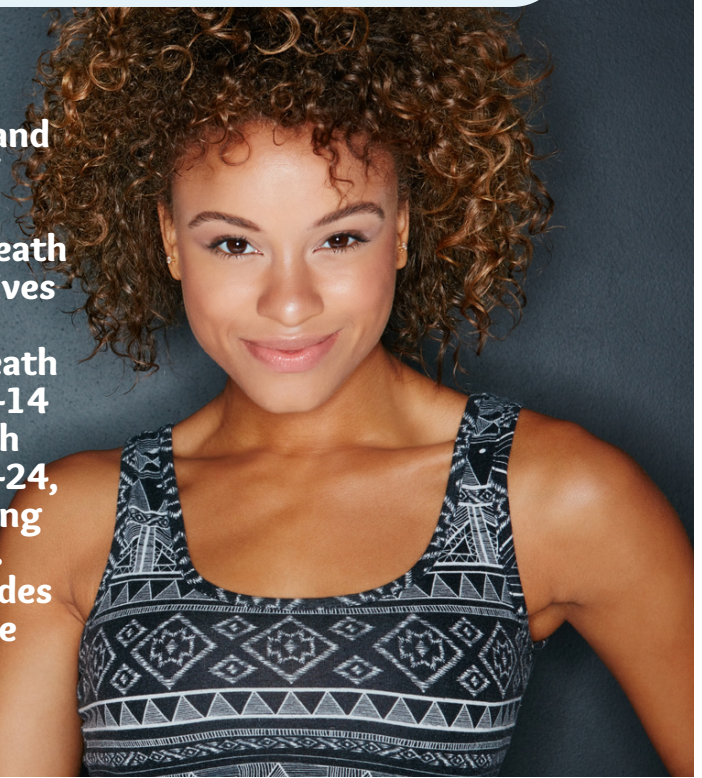
Oxford Languages

Call 988

988 is the Suicide and Crisis Lifeline. If you or someone you know is experiencing a crisis, call or text 988 24 hours a day 7 days a week or chat 988lifeline.org

Mental Health Matters

- According to the Centers for Disease Control and Prevention (CDC) WISQARS Leading Causes of Death Reports, in 2020:
 - Suicide was the twelfth leading cause of death overall in the United States, claiming the lives of over 45,900 people.
 - Suicide was the second leading cause of death among individuals between the ages of 10-14 and 25-34, the third leading cause of death among individuals between the ages of 15-24, and the fourth leading cause of death among individuals between the ages of 35 and 44.
 - There were nearly two times as many suicides (45,979) in the United States as there were homicides (24,576).



988

America's
Suicide Prevention
+ Mental Health Crisis
LIFELINE

In 2020, the U.S. had one death by suicide every 11 minutes. Suicide is a leading cause of death for people aged 10-34 years. In 2020, Congress designated the new 988 dialing code to be operated through the existing National Suicide Prevention Lifeline.

Tips for Managing Stress

- **Enhance your sleep quality:** Experts recommend 7-9 hours of sleep per night and stop screen time 30 minutes prior to bed.
- **EXERCISE:** just a 15 minute walk to decompress will reset your mind and body.
- **Eat well:** try to eat a high protein low sugar breakfast each day before school.
- **DO NOT PROCRASTINATE!** Designate a specified amount of time each day to work on school assignments and be consistent with the times you set.

