

# Warning Signs

- Becoming withdrawn, less interaction with family and friends
- Drastic mood changes: easily angered, more aggressive, sleeping all the time.
- Increased risky activities, including drug use and alcohol.
- Giving away important possessions or financial assets. Making end-of-life plans.
- Saying goodbye to friends and family.
- Looking up ways to die, buying a gun, saving pills, etc.

# Protective Factors

- Participate in social activities, keep a routine phone call, or recurring get-together with family or friends.
- Find people you can trust and reach out to them when you start to feel overwhelmed.
- Do physical activities: go for a walk, join a fitness class, etc.
- Work on developing new skills or new hobbies.
- Keep a healthy diet and sleep habits.
- Talk to your medical provider or therapist to learn positive ways to deal with stress.



## In 2021:



48,183 people died by suicide in the United States.  
That is 1 death every 11 minutes.

- ➔ 12.3 million adults seriously thought about suicide
- ➔ 3.5 million adults made a plan
- ➔ 1.7 million adults attempted suicide

## 5 Action Steps for Helping Someone in Emotional Pain

<p><b>ASK</b></p> <p>"Are you thinking about killing yourself?"</p>	<p><b>KEEP THEM SAFE</b></p> <p>Reduce access to lethal items or places.</p>	<p><b>BE THERE</b></p> <p>Listen carefully and acknowledge their feelings.</p>	<p><b>HELP THEM CONNECT</b></p> <p>Save the National Suicide Prevention Lifeline number 1-800-273-8255.</p>	<p><b>STAY CONNECTED</b></p> <p>Follow up and stay in touch after a crisis.</p>
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### ANNOUNCEMENTS:

- SEPTEMBER-SUICIDE AWARENESS MONTH
- OCT 8-"PINK ON PARADE 5K 2023" ADVENT HEALTH/CELEBRATION. REGISTER ONLINE AT [HTTPS://WWW.ADVENTHEALTH.COM/PINK-ON-PARADE](https://www.adventhealth.com/pink-on-parade)
- PLANT BASED COOKING CLASSES. IF INTERESTED PLEASE CONTACT 720-737-78888.. DATES WILL BE ANNOUNCED SOON!



presented by Health and Wellness Ministries:



# SUICIDE PREVENTION MONTH

**"Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken"**

Psalms 55:22





**Foods To  
Reduce  
Depression**

- Oily Fish or Omega Rich Nuts/Seeds
- Berries
- Yogurt (dairy or nondairy)
- Whole Grains
- Walnuts
- Leafy Greens
- Beans

[www.alpinerecoverylodge.com/foods-that-boost-your-mental-health/](http://www.alpinerecoverylodge.com/foods-that-boost-your-mental-health/)

**NATIONAL**

**SUICIDE PREVENTION LIFELINE™**

**1-800-273-TALK (8255)**

[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

## About us:

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## OUR MISSION

*To educate, inspire, and grow our  
community in health, lifestyle,  
and prevention.*

