# 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Becoming withdrawn, less interaction with family and friends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.



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.

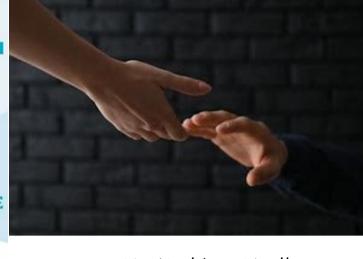
Do physical activities: go for a walk, join a fitness class, etc.

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.





presented by Health and Wellness
Ministries:



## In 2021:



**48,183 people** died by suicide in the United States.

That is 1 death every 11 minutes.

- 3 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



ASK KI

"Are you thinking about killing yourself?"



KEEP THEM BE THERE
SAFE
Reduce access to Listen carefully

Listen carefully and acknowledge their feelings.



CONNECT
Save the National
Suicide Prevention
Lifeline number
1-800-273-8255.



Follow up and stay in touch after a crisis.

## **ANNOUNCEMENTS:**

FRIEND

• SEPTEMBER-SUICIDE AWARENESS MONTH

CONDITION

- OCT 8-"PINK ON PARADE 5K 2023" ADVENT
  HEALTH/CELEBRATION. REGISTER ONLINE AT
  HTTPS://WWW.ADVENTHEALTH.COM/PINK-ONPARADE
- PLANT BASED COOKING CLASSES. IF INTERESTED
   PLEASE CONTACT 720-737-78888.. DATES WILL BE
   ANNOUNCED SOON!

# 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** 





# SUCIDE PREVENTION LIFELINE

NATIONAL

1-800-273-TALK (8255)

suicidepreventionlifeline.org

# 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/

# **About us:**

Danielle King, RN/BSN Ministry Lead: Health and Wellness Coach, Certified Holistic Nutrition

**Leslie Moss: Registered Nurse** 

**Luc Borthes: LPN** 

Yalisa Rosa: Advent Health for Children's Pediatric Weight and Wellness Program

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# AND WELLNESS MINISTRY

HEALTH

# **OUR MISSION**

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

