

SEPTEMBER IS SUICIDE
PREVENTION AWARENESS MONTH

Caring for your mental health

More than 90 percent of suicides are associated with a mental health disorder. When experiencing severe depression, life problems may seem inescapable and permanent. You may not be fully aware of your condition, and those around you may not recognize you need help. Identifying and addressing untreated depression is often essential for a person's safety.

Here are some ways you can reconnect with things that boost your mental health:

- ✔ **Acknowledge** feelings of hopelessness if they arise.
- ✔ **Seek** professional help.
- ✔ **Engage** in stress-relieving activities, like deep breathing, meditation or taking a relaxing bath.
- ✔ **Remember** self-destructive thoughts are temporary.
- ✔ **Ensure** you get enough sleep, eat healthy meals, and include some physical activity, like walking in nature, in your day.



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