

# Coping with Worry and Stress - Wellness Tips



Welcome to your WEEKLY dose of wellness!

This week's message: **NATIONAL SUICIDE PREVENTION AWARENESS MONTH**



Whether you are on the front lines of one of our outstanding facilities supporting patients and families, staying home supporting caregivers and the business, or on furlough due to lack of work, you are part of the LifeBridge Health "Care Bravely" Family. We continue to share daily tips and resources with you and we hope you find something helpful for your current situation. The themes centered on *body, heart, head, and spirit*.

This week's message is Suicide Prevention Awareness. In support of World Suicide Prevention Day, September 10<sup>th</sup>, nationally we observe Suicide Prevention Awareness for the entire month of September. Every year thousands of individuals die by suicide, leaving behind their friends and family members to navigate the tragedy of loss. Did you know that suicide is the 10<sup>th</sup> leading cause of death in the US? It's time to learn more about how to help and to get help. **Please explore these resources** in an effort to learn more about suicide prevention and shed light on this highly taboo and stigmatized topic.

## [How Anyone Can Help Prevent Suicide - Tips](#)



## [CDC: #BeThereToHelp - Prevention Tips](#)



## [American Health Ranking Statistics](#)

## [American Foundation Suicide Prevention - Maryland](#)

## [Suicide Survivor's Grief Support](#)



## [What to Say and Not Say to a Suicide Survivor](#)

## [Suicide Prevention Lifeline](#)

