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A local suicide prevention coalition whose mission is to reduce the number of suicides and suicide attempts by increasing public awareness and providing educational and training resources.



bit.ly/43BmlIX



TIPS FOR BATTLING THE WINTER BLUES

Dark mornings, darker evenings, and chilly gray days in between mean winter is here – and with the coldest season come the winter blues. There’s no clinical diagnosis for the “winter blues,” but experts at the National Institutes of Health say the so-called winter blues are common and are usually marked by feeling more down than usual, sad, less energized, or less interested in activities one usually enjoys. However, there are things you can do to lift your mood. Try some of these below:

1. Set your alarm clock and stick to a sleep routine.
2. Queue up a stream of laugh-out-loud films.
3. Warm yourself up with a mug of real hot cocoa.
4. Give yourself a manageable task to accomplish.
5. Don’t let your to-list get too out of hand.

For the full article: rb.gy/e1ci0e:



Self-love and care go beyond bubble baths or a cup of tea before bed. Although these are great examples of self-care, they do not capture the full essence of these concepts. Some concepts include:

Make good decisions. Some decisions can reduce life quality outcomes like financial condition, mental and physical health, and relationship quality, while others can enhance them.

“B” is for BIG BOUNDARIES. Boundaries are rules that protect you from behaviors of outside others that could potentially reduce your quality of life (intentionally or unintentionally). Boundaries inform others of what’s okay for you and what is not okay for you.

Be kind to yourself. Recognize that you are a human and humans are flawed by design – perfection in human nature does not exist. Making a mistake does not decrease your value or worthiness. It simply makes you human.

For the full article: rb.gy/ea0ggy.

winter self care tips



Get enough sleep



Light a candle



Read a book



Take a break from the internet



Journal your thoughts





Listen to music



Winter Wellbeing

b a s b s t f a r c s r x z
 l u c o d c i e h r i z o a
 a u s a g o v a o s n a r r
 n b o r b l v b t l g t h e
 k e h d u o h a c e i c t a
 e a l g f u x k h e n i a d
 t f f a j r q i o p g c b i
 k v r m f i h n c w y o m n
 s f i e k n a g o a l o r g
 e y e s s g r l l l i k a u
 i x n i g h o s a k m i w r
 v z d t y q a l t i a n x c
 o u s o g s w i e n f g t k
 m y t l z c j w r g k n c f

hot chocolate	warm bath		board games
fresh air	friends		crafts
walking	cooking		movies
blanket	sleep		baking
reading	family		singing
colouring			

I HOPE THIS WINTER BRINGS YOU

- Patience to grow at your own pace
- Forgiveness for your past mistakes
- Confidence to conquer uncertainty
- Gratitude for people in your life
- Clarity of what you need and don't
- Courage to step up and evolve

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SHINING THE LIGHT ON STIGMA

Does suicide always occur without warning?

There are almost always warnings signs before a suicide attempt. A few common signs are talking about suicide, withdrawing from social situations, feeling trapped or hopeless, and more. For more warning signs check out this website: <https://bitly.ws/34rKS> . Need support? call, text, chat 988.

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