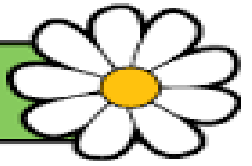




April Showers Bring May Flowers



Health care is vital to all of us some of the time, but public health is vital to all of us all of the time.

~C. Everett Koop

May is National Mental Health Awareness Month



When it comes to mental health, small actions equal big impact.

- If you are worried about your mental health or someone you know, there is help!
- Talking about mental health helps promote acceptance and encourages people to seek help.
- Whether we share resources, encourage others to seek help, or simply are there for someone when they need us, we instill hope and can help others to reach out when they need to most.
- For help in Massachusetts: www.mass.gov/guides/finding-mental-health-support-in-massachusetts

988
SUICIDE
& CRISIS
LIFELINE

There is hope

Talk with us. If you or someone you know needs support now, call or text 988 or chat 988lifeline.org

PEP22-06-03-004

The 988 Suicide & Crisis Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States.

Call or text 988 or chat at 988lifeline.org

Risk factors for suicide include (but are not limited to):

- Mental disorders, particularly mood disorders, schizophrenia, anxiety disorders, and certain personality disorders
- Alcohol and other substance use disorders
- Hopelessness, job or financial loss, major physical illness/chronic pain, loss of relationship(s), history of trauma or abuse
- Previous suicide attempt(s), family history of suicide, local suicide clusters
- Easy access to lethal means
- Lack of social support and sense of isolation, stigma associated with asking for help
- Stigma associated with asking for help
- Lack of healthcare, especially mental health and substance abuse treatment
- Cultural and religious beliefs, such as belief that suicide is a noble resolution of a personal dilemma
- Male gender, highest rates age 85+ = 22.4%
- Age 15-24 = 15.2% of suicides, Age 25-64 = 18.2% of suicides

National Nurses' Week May 6, 2023 – May 12, 2023

“We must see and celebrate our nurses as whole humans, not as a fictitious image of an all-powerful, all-resilient hero.” (ANA)



Nurses perform some of the most difficult and heartbreaking tasks in the medical world, as well as care for those in the most beautiful times of life. Nurses serve as the first point of contact for most patients.

National Nurses Week honors nurses' contributions and sacrifices and reminds us to thank the medical professionals who keep us healthy. It is celebrated between May 6, National Nurses Day, and May 12, the birthdate of celebrated nurse Florence Nightingale.

National School Nurse Day was established to foster a better understanding of the role of school nurses in the educational setting.

School nursing, a specialized practice of nursing, protects and promotes student health, facilitates optimal development, and advances academic success.



Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

Here are some ways we can all participate in *Aging Unbound*:

- **Embrace opportunities to change.** Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy. Develop a new hobby.
- **Explore the rewards of growing older.** With age comes insight and confidence to understand and experience the world more deeply. Grow knowledge through reading, classes, and creative activities.
- **Stay engaged in your community.** Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or in the community.
- **Form relationships.** Relationships enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members