



HEALTHY TODAY

www.communityhealthdayton.org

September 2020

SEPTEMBER IS NATIONAL SUICIDE PREVENTION & AWARENESS MONTH

According to the Centers for Disease Control and Prevention (CDC), nearly 45,000 Americans die by suicide every year. Upsetting, right? One way you can help lower this statistic is to talk about it. Having open conversations about mental health and emotional struggles helps reduce the stigma – which is what prevents a lot of people from seeking the help they need.

You should reach out for professional help if you or someone you know is showing any of the following warning signs:

- ⇒ Talking about feeling trapped or in unbearable pain
- ⇒ Talking about being a burden to others
- ⇒ Giving away prized possessions
- ⇒ Increasing the use of alcohol or drugs
- ⇒ Acting anxious or agitated; behaving recklessly
- ⇒ Sleeping too little or too much
- ⇒ Withdrawing or feeling isolated
- ⇒ Showing rage or talking about seeking revenge
- ⇒ Displaying extreme mood swings

There are several ways you can go about getting help. If you are employed or have insurance, you can call the behavioral health phone number on the back of your health insurance card or see if your employer offers an Employee Assistance Program (EAP). You can also call a local counseling office and schedule an urgent appointment. If you or someone you know is in crisis, call the National Suicide Prevention Lifeline at 1-800-273-8255.

<https://www.ndbh.com/suicide>



Healthy Today is Community Health Centers of Greater Dayton's informational newsletter on healthy living, created with the goal of helping you and your family stay healthy and thriving every day!

To read more Healthy Today articles, please visit the archives on our website:

www.communityhealthdayton.org/healthyat80

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SOCIAL DISTANCING, QUARANTINE & ISOLATION: HOW TO COPE

Since the beginning of the COVID-19 outbreak, the nation and the world has seen significant changes to daily living. While social distancing, quarantine and isolation help prevent the spread of infectious disease, these same practices may impact your mental health in a negative way.

- ⇒ **Common Reactions:** Everybody reacts differently to stressful situations. In response to the COVID-19 pandemic, you may experience anxiety, worry or fear for your own health, job security or obtaining things you need like groceries. You may also experience frustration with the uncertainty about the future.
- ⇒ Symptoms of depression may arise, such as feeling hopeless, lack of appetite and trouble sleeping. If you haven't been able to see your loved ones, go to work or have the daily interactions you once had, a feeling of loneliness may set in.
- ⇒ **Taking Care of Yourself & Others:** First, talk about your feelings with people you trust. Being open about your anxiety is the first step to relieving it. You'll probably find that they're having similar feelings and supporting one another is good for everyone's emotional health.
- ⇒ Next, find a routine that makes you feel good. Plan meals, eat at the regular times, maintain your sleep schedule, get fresh air and exercise, and practice good hygiene and self-care. During times of chaos or uncertainty, maintaining routines goes a long way toward helping you feel more in control of your life.
- ⇒ While it's important to stay informed, set boundaries around how much news and social media you consume each day. If you begin to feel overwhelmed, take a break.
- ⇒ **Reduce Stigma and Save Lives:** Talking about your mental health struggles with others will not only help you get the care you need, but it can also begin to break down the stigma around mental health. Every year we see devastating rates of suicide in the U.S. that continue to climb. But with open and honest conversations about our struggles, we can make a real difference and save lives.

<https://www.ndbh.com/Docs/Suicide/SuicideIsolationArticle.pdf>

HOW TO HELP SOMEONE WITH SUICIDAL THOUGHTS

Approaching someone who is struggling can be difficult, but it's worth the discomfort to help save a life.

ASK. Ask the person if they think about dying or killing themselves. Don't hesitate to do this - asking will not put the idea in their head, nor will it make them more likely to attempt suicide.

LISTEN. Start a conversation with the person and listen without judging to show you care. Create a safe space for them to share their feelings and vent. **DO NOT** swear to secrecy.

STAY. Don't leave the person alone. Stay with them or make sure they are in a private, secure place with another caring person until you can get further help.

SECURE. If you suspect the person could be a harm to themselves, take them seriously. Remove any objects that could be used in a suicide attempt.

CALL. Call the National Suicide Prevention Lifeline at 1-800-273-8255 and follow their guidance. If danger for self-harm seems immediate, call 911.

<https://www.ndbh.com/Docs/Suicide/HowToHelp.pdf>



Find out why this can save a life at www.BeThe1To.com
If you're struggling, call the Lifeline at **1-800-273-TALK (8255)**

#BETHE1TO

#BETHE1TO IS THE NATIONAL SUICIDE PREVENTION LIFELINE'S MESSAGE FOR NATIONAL SUICIDE PREVENTION MONTH AND BEYOND. WHICH HELPS SPREAD THE WORD ABOUT ACTIONS WE CAN ALL TAKE TO PREVENT SUICIDE.

<https://suicidepreventionlifeline.org/promote-national-suicide-prevention-month/>

Delicious & Nutritious

AVO-BERRY MUFFINS

It's tempting to reach for the junk food these days. But eating healthier can be easy and even affordable. Avocado substitutes for the butter or oil used in most blueberry muffin recipes. You'll never be the wiser as to the swap in these scrumptious breakfast muffins. Keep it Healthy: Experiment with using avocado in other baked goods recipes. Substitute one mashed avocado for 1/2 cup of butter or oil.

- 1 medium avocado (halved, pitted, mashed with a fork)
- 1/2 cup sugar
- 1/2 cup fat free or low fat milk or non-dairy milk
- 2 large eggs
- 1 tsp vanilla
- 2 cups all-purpose flour
- 2 tsp baking powder
- 1 tsp ground ginger
- 1/6 tsp salt
- 2 cups blueberries (You can substitute raspberries or strawberries)



- ⇒ Preheat the oven to 375°F. Lightly spray a standard 12-cup muffin pan with cooking spray or line it with paper bake cups.
- ⇒ In a large bowl, stir together the avocado, sugar, milk, eggs, & vanilla.
- ⇒ In a medium bowl, stir together the flour, baking powder, ginger, and salt.
- ⇒ In two to three batches, stir the flour mixture into the avocado mixture until just combined but no flour is visible; don't overmix. Gently fold in the blueberries. Spoon the batter into the muffin cups.
- ⇒ Bake for 25 to 30 minutes, or until a wooden toothpick inserted in the center comes out clean and the muffins are golden brown, turning the pan once after 15 minutes of baking time.

 **Calories**

166 Per Serving

 **Protein**

4g Per Serving

 **Fiber**

2g Per Serving

Community Health Centers of Greater Dayton

Give us a call to discuss your health with our caring doctors and nurse practitioners!

Our Health Centers

Appointment Line:

937-461-6869

Hours: Mon-Fri 7:30am-5:30pm

Alex Central Health Center

5 South Alexandersville Road Miamisburg, OH 45342 Phone: 937-247-0304

Charles Drew Health Center

1323 West Third Street Dayton, OH 45402 Phone: 937-461-4336

Corwin Nixon Health Center

2351 Stanley Avenue Dayton, OH 45404 Phone: 937-228-0990

East Dayton Health Center

2132 East Third Street Dayton, OH 45403 Phone: 937-528-6850

Patterson Park Health Center

1074 Patterson Road Dayton, OH 45420 Phone: 937-258-6330

Victor Cassano Health Center

165 South Edwin C. Moses Blvd. Dayton, OH 45402 Phone: 937-972-0303

Dental Center

East Dayton Dental Center

2132 East Third Street Dayton, OH 45403 Phone and Appointments: 937-528-6830

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