



SUICIDE HELPLINE: 988

September highlights the importance to overcome the stigmas surrounding suicide. Statistics illustrate how no one is battling alone with unwanted thoughts. Oftentimes, many are looking for their mental anguish to come to an end. These symptoms do not discriminate in age, socio-economic backgrounds, or gender.

The National Alliance on Mental Illness states, “Suicide is the 2nd leading cause of death among people aged 10–14 and the 3rd leading cause of death among people aged 15-24 in the U.S. Overall, suicide is ranked as the twelfth leading cause of death over in the United States.”

Men and women both have a likelihood in attempting suicide. However, men are four times more likely to die from suicide. This may be attributed to stigmas and stereotypes men have experienced which deter them from seeking mental health treatment.

Other at-risk populations include the LGBTQ+ community who also have a higher attempt rate than their hetero peers. The transgender population has a rate nine times higher to attempt suicide at least once in their lifetime.

The American Foundation for Suicide Prevention details the CDC recorded 1.20 million suicide attempts in 2020. There is help available along with a safe support system. In July 2022, the United States transitioned to a 988 hotline which automatically transfers callers to the National Suicide Prevention hotline.

EMO SEPT. NEWS

**Ebenezer Medical
Outreach INC**
1448 10th Avenue Suite 100
Huntington, WV 25701
304-529-0753
www.emohealth.org

September is:

- **National Suicide Month**
- **National Pain Awareness Month**
- **National Library Card Sign-Up Month**
- **Gynecology Cancer Awareness Month**

PROGRAM NEWS AND HIGHLIGHTS:

- **Suicide Awareness**
- **Managing Depression**
- **Upcoming Events, Community Market, and Pharmacy, and Community Health Workers!**

EMO appreciates your donations. If you would like to discuss donating today, call us at 304-529-0753.

You can donate at emohealth.org by clicking the donate button!

WV988.org describes, “988 is more than just an easy-to-remember number—it’s a direct connection to compassionate, accessible care and support for anyone experiencing mental health-related distress – whether that is thoughts of suicide, mental health or substance use crisis, or any other kind of emotional distress. People can also dial 988 if they are worried about a loved one who may need crisis support.”



MANAGING THROUGH DEPRESSION

The American Psychiatric Association details depression as how you feel with persistent symptoms including:

- Feeling sad or having a depressed mood
- Loss of interest or pleasure in activities once enjoyed
- Changes in appetite — weight loss or gain unrelated to dieting
- Trouble sleeping or sleeping too much
- Loss of energy or increased fatigue
- Increase in purposeless physical activity (e.g., inability to sit still, pacing, handwringing) or slowed movements or speech (these actions must be severe enough to be observable by others)
- Feeling worthless or guilty
- Difficulty thinking, concentrating or making decisions
- Thoughts of death or suicide

According to the World Health Organization, depression affects over 264 million people each year. There are ways to manage through depression. Maintaining physical activity, eating nutrient rich meals, and keeping a regular sleep schedule can help in alleviate some depression symptoms. A good support system is also vital in managing depression symptoms.



Courtesy of nbcc.org

UPCOMING EVENTS & EMO HIGHLIGHTS:



Community Market: The last and final UFI Community Market scheduled for this year is set for Saturday, Oct. 15, from 8 a.m. until noon. In September, the EMO Unity Garden produced cilantro and lettuce mix to give away at the monthly market. EMO is still accepting volunteers to help maintain the Unity Garden. Volunteers are only required to check-in for 15 minutes a week. If you are interested in volunteering, please call Rachel Bledsoe at 304-529-0753.

FARMACY 2022 WRAPS UP ITS FINAL TWO WEEKS: EMO is in the last two weeks of their 2022 Farmacy program. The prescription for wellness started in mid-June. This year's Farmacy class saw wonderful partnerships with the West Virginia Farmer's Market Association and WVU Extension. EMO received bountiful produce from Twelvepole Trading Post located in Wayne, West Virginia. Patients learned healthy eating habits, grocery shopping budget tips, and blood pressure management along with lowering sugar and salt intake. We cannot say enough how grateful we are at EMO, and how proud we are of our patients for choosing a prescription to better their long term, overall health.

COMMUNITY HEALTH WORKERS: EMO's newest team members, Gavin Brandenburg and Jennifer Sheffield, have begun seeing Ebenezer patients weekly! They travel to in-home visits assisting patients in caring and education about long term illnesses such as hypertension and diabetes. We are so happy to be out in the community and helping our patients to achieving future wellness!



