



Mended Hearts

Fall Newsletter
2025

Inside Our Office Makeover!

To better serve our clients and protect their confidentiality, we are in the midst of constructing a wall with glass windows on our reception desk. This will be very similar to sliding glass windows found at typical doctors' offices. We will also be adding a half-wall with a locking gate that will block access to therapist offices unless the client is admitted by a therapist. These changes will enable us to provide best-in-class protection for patient privacy and confidentiality. Thank you for your patience as we adjust to these changes!



Updates



Fall Barn Party

Join us at our Fall Barn Party October 4 from 5:00-8:00 p.m. Bring your own drinks (and don't forget your chairs!). Meat and sides will be provided. Suggested donation: adults \$10/plate, 12 and under \$6/plate. Follow us on Facebook for more info!



Lauren Dircks, LSW/LMSW

Lauren Dircks, LSW/LMSW, is joining us as an equine therapist in September. Lauren specializes in helping clients suffering from anxiety, depression, grief & loss, chronic illness & pain, relationship & family conflict, and more.



Christmas Open House

SAVE THE DATE

Join us December 6 from 4:00 - 8:00 p.m. for cookies, hot cocoa, Christmas music, photos with Santa, and craft tables by local vendors. Donations gratefully accepted. Follow us on Facebook for more info!



<https://mended-hearts.org/>



info@mended-hearts.org



309-383-4323



Gloria's Corner



September is National Suicide Prevention Month. According to the National Alliance on Mental Health, one person dies by suicide in the U.S. every 11 minutes. In the U.S., suicide is the 2nd leading cause of death among people ages 10-24.

Suicidal ideation can begin small, like thoughts or comments like "I wish I wasn't here." Over time, these thoughts can become more frequent, and the person more likely to act on them. Other warning signs of suicide include increased alcohol or drug use, aggressive behavior, withdrawal from friends and family, extreme mood swings, impulsive behavior, giving away possessions, and saying good-bye to friends/family.

If you recognize any of the signs above in someone you know, take it seriously! Don't tell them to "snap out of it" or "try not to think about it." Thoughts of suicide can be caused by many factors, including medical issues or changes in the brain.

If you or someone you know is experiencing a mental health crisis, call or text 988 immediately or chat with the Suicide & Crisis Lifeline at 988lifeline.org



Monthly Mental Health Events

September

- Recovery Month for mental health and addiction recovery.
- National Suicide Prevention Month

October

- ADHD Awareness Month
- Depression Awareness Month

November

- National Family Caregivers Month

@gozenlove



7 SELF-TALK PHRASES TO TEACH KIDS WHEN THEY ARE ANGRY

"Anger is trying to tell me something. I need to breathe and listen."

"It's okay to feel angry. All feelings are okay."

"Maybe there's a reason this happened that I don't know yet."

"This feeling is uncomfortable, but it won't last forever."

"I can't control how I feel right now, but I control how I react."

"What would someone I respect do in this situation?"

"I can handle this calmly."

