



HEY, HOW ARE YOU?
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EMBRACING
TRANQUILITY EDITION:

October



October Focus: Mental Health Awareness



National Mental Health Screening Month

Early intervention begins with awareness. Mental health screenings are confidential, accessible tools that can help identify concerns and connect individuals to support before challenges become crises.

Screenings are available online, through healthcare providers, and at community events. Taking just a few minutes to check in with yourself can open the door to resources, treatment, and healing. Whether you're managing stress, anxiety, depression, or other mental health concerns, a screening is a simple first step toward wellness.

Mental Illness Awareness Week

Observed the first week of October, Mental Illness Awareness Week sheds light on the experiences of millions of Americans living with mental illness. Organized by the National Alliance on Mental Illness (NAMI), this week emphasizes education, understanding, and solidarity.

It's a time to challenge stigma, support one another, and raise awareness about the realities of mental health conditions. By learning more and sharing experiences, we can create a culture of empathy, acceptance, and hope.

Ways to Participate and Support

- **Educate Yourself:** Learn about different mental health conditions and their impact on individuals and communities.
- **Encourage Screening:** Take part in screenings and encourage others to do the same as an important first step toward care.
- **Share Stories:** NAMI highlights the power of lived experiences in fostering connection, understanding, and hope.
- **Create Supportive Environments:** Advocate for workplaces, schools, and communities that prioritize mental health.
- **Get Involved Locally:** Attend community events, seminars, or health fairs that provide education, resources, and support.

Mental health is just as important as physical health. A few minutes spent checking in with yourself or supporting someone else can make a meaningful difference.

Mental Health Resources

Crisis & Immediate Support

- PG County Crisis Services (Mobile Crisis Team): 24/7 in-person crisis support, 240-249-0989
- PG County Suicide & Crisis Hotline: 301-864-7130
- National Suicide & Crisis Lifeline: Dial 988 or text ZIP to 898-211

Outpatient & Inpatient Care

- UM Capital Region Health – Laurel Medical Center: Emergency psychiatric care, 240-677-7090
- Prince George's Behavioral Health: Psychiatric Rehabilitation Program (PRP) services

Community Support

- NAMI PG County: Free support groups and educational resources, 240-467-5948
- La Clínica del Pueblo: Medical, mental health, and substance abuse counseling
- Santé Group (Lanham): Outpatient mental health and rehab programs, 301-429-2171

**Mental
health
matters**

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Creating Safer Communities

Bullying affects millions of children, teens, and adults each year. It can have long-lasting emotional, social, and mental health impacts, including anxiety, depression, and lowered self-esteem. National Bullying Prevention Month is a time to raise awareness, promote kindness, and empower individuals to stand against bullying in schools, workplaces, and communities.

Why It Matters

Bullying can take many forms, including physical, verbal, social, and cyberbullying. Its effects go beyond immediate conflict, often impacting mental health and overall well-being. Preventing bullying helps create safer, more supportive environments, which are essential for emotional resilience and personal growth.

Ways to Take Action

- **Educate Yourself:** Learn the signs of bullying and understand its effects on victims, bystanders, and even bullies themselves.
- **Speak Up:** Safely intervene or report bullying to a trusted adult, teacher, or supervisor.
- **Promote Kindness:** Encourage positive behaviors, inclusion, and respect in schools, workplaces, and communities.
- **Support Those Affected:** Listen, validate experiences, and connect individuals with professional help if needed.
- **Get Involved Locally:** Participate in school programs, community events, and campaigns that raise awareness about bullying prevention.

Creating a bully-free environment takes everyone's effort. Small acts of kindness, awareness, and intervention can have a lasting impact on someone's mental health and well-being. Take a stand, educate others, and help make your community safer, more supportive, and mentally healthier for all.



Be Informed, Be Empowered



Tips on Health Literacy

Health literacy is the ability to find, understand, and use information to make informed health decisions. Strong health literacy skills empower individuals to advocate for their needs, improve communication with providers, and build confidence in managing their own care.

Practical Ways to Strengthen Health Literacy

Ask Questions

Do not hesitate to ask your doctor, nurse, or pharmacist if something is unclear during an appointment, ask your provider to explain in simple terms.

Take Notes and Bring Support

Write down key points during appointments or bring a trusted friend or family member to help you remember details.

Keep Records Organized

Maintain a folder with your medical history, current medications, allergies, and insurance information. Keeping everything in one place reduces confusion and helps during emergencies.

Use Trusted Sources

Rely on reputable websites such as the Centers for Disease Control and Prevention (CDC), National Institutes of Health (NIH), or your local health department. Be cautious of information from social media or non-verified sites.

Confirm Understanding

Repeat instructions back to your provider in your own words. This technique, known as “teach-back,” ensures you understand and gives providers the chance to clarify if needed.

Know Your Medications

Keep a current list of all prescriptions, over-the-counter medicines, and supplements you take. Note the dosage, purpose, and timing. Share this list at each medical appointment.

Engage in Preventive Care

Schedule regular check-ups, screenings, and vaccinations. Preventive care supports long-term wellness and helps identify issues early.

Share Information with Loved Ones

Pass along accurate health information to family and friends. Encouraging health literacy within your community helps everyone make informed choices.



Director's Corner...



Erica Coleman CPRP Founder/ Director

"Be patient with yourself. Self-growth is tender; it's holy ground. There's no greater investment." –Stephen Covey