

P.R.I.D.E. NEWS LETTER

SUICIDE PREVENTION MONTH

September 10 is World Suicide Prevention Day. While suicide prevention is inherent in the work we do, we are not immune to the impact of suicide in our lives and the lives of our patients. [Spread awareness to prevent suicide.](#)



INDIGENOUS PEOPLES DAY

Native People are finally being nationally recognized as President Biden declared the second Monday of October to be Indigenous People's Day. Learn more about this national holiday [here](#). More importantly, learn more about the Indigenous communities in [Long Island](#).



MENTAL HEALTH AWARENESS

October 10 is Mental Health Awareness Day. We see you, you fierce advocate you. You are a walking representation of Mental Health Awareness.

We also celebrate National Depression & Health Screening Month in October. For some, screenings in community and medical settings may be the first time they learn of their depressive symptoms. Let's continue to destigmatize mental health by spreading awareness beyond our therapy offices.

We see you, you fierce advocate you.

COMING UP...

KINDNESS DAY

November 13th is World Kindness Day. This year, in addition to sharing kindness with others, we encourage you to turn that kindness inward. Here are some suggestions for self-care and self-kindness you can try: [20 Ways to "refill your cup"](#)



DIWALI: A Festival of Lights

Diwali is a traditional holiday of India and South Asia celebrating a new moon, the triumph of light over darkness, and **the human ability to overcome**. Learn more about its significance [here](#).

A thanksgiving reflection from Dr. Jennifer Lancaster:

*Bless all those whose lives I've touched,
and whose lives have touched mine.*

We are ever grateful for our NYCTWC family.



WORLD AIDS DAY

December 1 is World's Aids Day and while progress in prevention and treatment of HIV/AIDS has improved, we remember those who have died and our communities who continue to be disproportionately affected by HIV/AIDS.

Holidays are not always easy, or cheerful. Be mindful of the dynamics your patients may face during these expected "celebrations." The acknowledgment of our days of mental health promotion help us to keep a balance.