

NEWSLETTER

E L A T E D

*State of Mind*

**EXTRA, EXTRA**

Welcome back to our newsletter!  
Here you can find updates within  
the office and the community!



**WE WANT TO HEAR  
FROM YOU!**

To inspire our readers and  
recognize your accomplishments,  
we would love to feature your  
story in one of our upcoming  
newsletters!

**Contact:**

office@elatedcounseling.com  
or call us at (318) 751- 9098.

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## BLOG SPOT



According to Ms. Mary Dyas, LPC, there are 3 important tips to maintain mental peace in a noisy world. Here's how:

**1. Give yourself quiet time.**

*Spend some time each day without watching TV, listening to the radio, or using social media. This may be 5-10 minutes a day.*

*Sometime without outside distraction is better than none.*

**2. Spend time doing things you enjoy.**

*This may mean taking a walk outside or reading a good book. If you don't have something that you currently do that you enjoy, now is a good time to try new things.*

**3. Spend time with positive people and laugh!**

*This may be friends family, co-workers, etc. If you don't have time to spend with these individuals, or you are unable to, pick up the phone and call them!*

**To read more, visit our website**

••••• [www.elatedcounseling.com](http://www.elatedcounseling.com) •••••

## UPCOMING EVENTS

- **Mental Illness Awareness Week:**  
October 6th-12th
- **World Mental Health Day & National Depression Screening Day**  
October 10th
- **Suicide Prevention Walk:**  
October 12th
- **Men and Mental Health Class:**  
October 26th

**October is:**

- National Bullying Prevention Month
- National ADHD Awareness Month
- Domestic Violence Awareness Month

## COUNSELING CORNER



**MEET THE THERAPIST:**

About Ms. Mary Dyas, LPC:  
"My specialties include depression, anxiety, life transitions, and women's wellness. I also have experience in crisis management. The therapeutic relationship is important in the counseling process and one that I take seriously. In working with me, you can expect honesty, warmth, and a non-judgmental environment."

Check out our website to read more!

## IN THE SPOTLIGHT



**Ms. Barbie Hutches, LMFT, ATR-BC**

*On the right is Ms. Barbie at BPCCC giving out information about suicide prevention and how to help. She is the NWLA Chairperson and sponsor for the Out of the Darkness Suicide Walk.*

### WHY WE WALK:

"Each year, suicide claims more lives than war, murder, and natural disasters combined. Yet suicide prevention doesn't receive anywhere near the funding as other leading causes of death. It's up to Walkers like us to make a difference. Together we can change the conversation about mental health and put a stop to this tragic loss of life."

"The core of the Out of the Darkness Walks, the Community Walks created a movement. Held in hundreds of cities across the country, they give people the courage to open up about their own struggle or loss, and the platform to change our culture's approach to mental health."

*(From <https://afsp.donordrive.com>)*

### SUICIDE PREVENTION WALK

**Walk Date:** 10/12/2019

**Walk Location:** Veterans Park - Shreveport, LA

**Check-in/Registration**

**Time:** 8:30 am

**Walk Begins:** 10:00 am

**Walk Ends:** 1:00 pm

For more information, please contact-

**Name:** Barbie Hutches

**Phone:** 510-565-6715

**Email:** [barbie.hutches@gmail.com](mailto:barbie.hutches@gmail.com)



If you are interested in walking with us, donating, or any other ways to help- send us an email to [connect@relatedcounseling.com](mailto:connect@relatedcounseling.com) or call us at 318-751-9098.



# SEPTEMBER RECAP

## OUT ON THE TOWN



Ms. Morgan Bozeman and Ms. Candice Webber attending the LSUS Bullying and Suicide Prevention Conference.



## ELATED MERCH



Pictured above Ms. Andrea O'Neal teaching "Building Healthy Relationships" collaborative workshop.



In September we also announced that we will be offering free monthly wellness classes!

**For more information, shoot us an email at:**  
**[connect@elatedcounseling.com](mailto:connect@elatedcounseling.com)**