

TOGETHER JUST, INC



In This Month's Special Issue:

- Partners with Purpose
- Suicide Prevention Walk
- Suicide Statistics in Oklahoma

Mental Health Snapshot in Oklahoma

Since 2007 Oklahoma youth suicide rates have increased by 103%

Suicide is currently the second leading cause of death for Oklahomans age 10-24

Warning Signs

- Suicidal thoughts
- Substance abuse
- Loss of purpose
- Anxiety
- Feeling trapped
- Loss of hope
- Withdrawal
- Anger
- Recklessness
- Mood changes

Information provided by the Oklahoma State Department of Health

Partners With Purpose



In September, Together Just launched its monthly giving program, Partners With Purpose. These partners are a group of passionate and determined monthly individuals or businesses with a mission to ensure every child, and their family, have the mental health resources they need to become successful adults. To help break the stigma of mental illness.

Together Just has grown quickly in less than two short years. Lilli, founder and therapist, has made it her mission to bring Recreational Therapy to the forefront. Helping children between the ages of 4 and 18 feel empowered through each individual child's interest and goal setting for success. Lilli has also developed and launched her Positive Minds Program (PMP) in local schools, which gives students the education and tools needed to bring about positive change with Recreational Therapy techniques.

Each Partners With Purpose receives access to the newsletter, as well as first access to Together Just specials and events. Any donation over \$60 receives a Partners With Purpose t-shirt.

Donate today by going to togetherjust.com! Follow the pop-up or click "donate" on the top hand corner. Tiers include:

- \$5 - Goes toward supplies for one child's therapy session.
- \$10 - Helps supports the Positive Minds Program.
- \$25 - Helps with community wellness events for clients and their families.
- \$60 - Provides one individual Recreational Therapy session.
- \$100 - Goes toward Together Just's day-to-day operations..
- \$240 - Provides one month of weekly Recreational Therapy sessions.

Every dollar helps to break the stigma of mental illness.

Suicide Prevention Walk



In October, members of the Together Just team got out into the community to participate in the American Foundation for Suicide Prevention's Out of the Darkness Walk at the Jenks Riverwalk. Together Just hosted a table where event participants were able to make "Memory Bracelets" in honor of loved ones lost to suicide. ASFP raised \$38,000 dollars to invest in life saving research, advocacy, education, and support for those impacted by suicide.