

September Wellness Newsletter

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Department of
Behavioral Health



**RECOVERY IS
FOR EVERYONE**

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**TRIVING AT ALL
AGES**

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Recovery is For
Everyone:
**Every Person,
Every Family,
Every Community**



Often, individuals who experience mental health or a substance use disorder feel isolated and alone. Yet, every year, millions of Americans experience these conditions. It's important that we offer support to individuals facing mental health and substance use disorders. In fact, we need to create environments and relationships that promote acceptance. Support from families is essential to recovery, so it's important that family members have the tools to start conversations about prevention, treatment, and recovery.

Too many people are still unaware that prevention works and that mental health and substance use disorders can be treated, just like other health problems. Individuals who embrace recovery achieve improved mental and physical health and form stronger relationships with their neighbors, family members, and peers. We need to make more people feel as though recovery is possible.

Mental health and substance use disorders affect people of all ethnicities, ages, genders, geographic regions, and socioeconomic levels. They need to know that help is available. These individuals can get better, both physically and emotionally, with the support of a welcoming community.



Families and communities can find hope and spread the message that recovery works by celebrating the annual Recovery Month. We urge all community members to join the celebration and help stem the incidence of mental health and substance use disorders. Let people know that free, confidential help is available 24 hours a day through the Fresno County Department of Behavioral Health Access Line at 1 800 654-3937. Offering support to those experiencing mental health and substance use disorders can make a huge difference. Together we can help others realize the promise of recovery and give families the right support to help their loved ones.

If you, or someone you know, needs help to stop using substances or with mental health challenges please call the Fresno County Department of Behavioral Health at 1 800 654-3937 for assistance.

If you are feeling alone and having thoughts of suicide—whether or not you are in crisis—or know someone who is, don't remain silent. Talk to someone you can trust through the Suicide and Crisis Lifeline. Call or text 988 to be connected to a well-trained and compassionate counselor.

Keep on the lookout for our ads around access and recovery.



Hope Starts Here
Visit RecoverFresno.org

Hope



Department of
Behavioral Health

THRIVING AT ALL AGES



Department of
Behavioral Health



“We need to find meaning and build a life worth living on a daily basis no matter what age we are.”

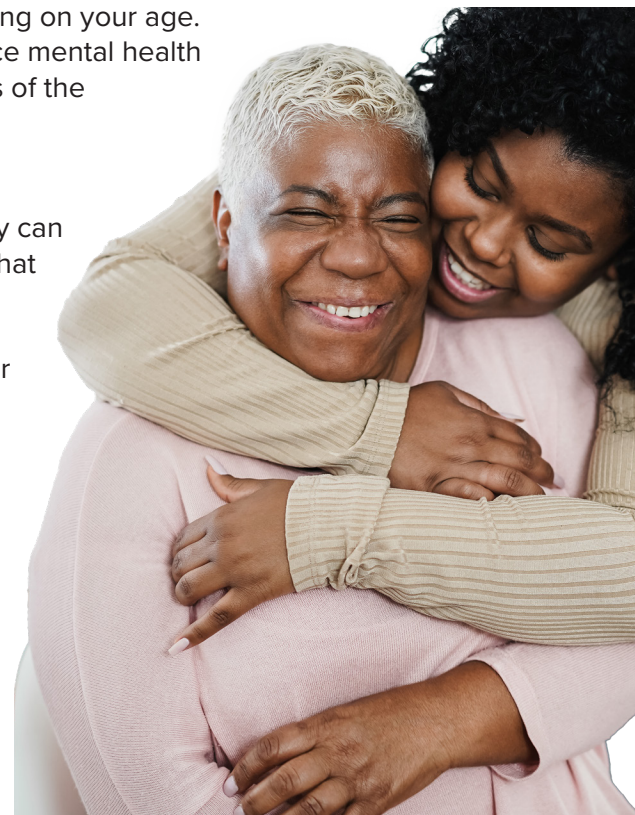
– Julie Phillips, Professor of Sociology, Rutgers University

September is Suicide Prevention Month! This year’s theme is Thriving At All Ages. Californians are encouraged to take action for suicide prevention by recognizing the importance of strengthening resiliency, protective factors, and physical and emotional wellness throughout the lifespan and at different life stages.

People of all ages benefit from some common tenets of wellness, but the specific ways that wellness and resilience are supported change through the life span. Building resiliency is important at all ages, and strategies can be tailored depending on what is enjoyable or accessible depending on your age. Throughout our communities many people are continuing to experience mental health challenges, trauma, burn-out and fatigue due to the prolonged impacts of the pandemic and natural disasters.

Effective strategies for suicide prevention must address the strengths, circumstances, and challenges of the different phases of life. Resiliency can be built at any age with attention to some common protective factors that promote wellness and are necessary to thrive:

- Strong social support networks where people can talk through their problems and feelings, ask for help and offer help and support to others.
- Good physical health, and when complications occur, finding the right health regimen to promote recovery and support wellness, even if it looks different than it once did.
- Access to primary care services to promote health and catch problems early. Primary care is where many people go for wide variety of concerns and is a key setting for connecting people to appropriate services and supports.
- Access to effective behavioral health care reduces the risk and severity of illness and supports recovery. Counseling can help strengthen strategies for problem-solving and coping with stress.



- Meaning and purpose can be found in a variety of ways, but their sources often shift throughout life. Meaning and purpose can be found through work or hobbies, family life, learning and studying, and religion and spirituality. Meaning and purpose can also be found through helping others by volunteering and supporting important causes.
- Self-care is not a luxury; it is a necessity. Self-care is too often neglected, especially when other demands seem more pressing, or when changes limit access to what once worked for wellness. Many steps to self-care are simple, free, and can be done anywhere, even with only a few minutes of time.
- Attitudes about aging have a significant impact on wellness, especially in later years. It is possible for people of all ages to thrive. Viewing aging as a developmental stage, with its own unique opportunities for growth, allows room for adaptation to life's changes and reasons for hope.

We all have a role to play in suicide prevention. There are actions you can take right now to support yourself and those around you:

- Together we can Take Action for Mental Health by learning more, checking-in with ourselves and others, and getting support when needed. Visit www.takeaction4MH.com for more information.
- Together we can Take Action for Suicide Prevention by knowing the signs for suicide, finding the words to check-in with someone we are concerned about, and reaching out to resources. Visit www.suicideispreventable.org for more information.

Part of thriving is knowing when to reach out for help and knowing how to help someone else who may need it. If you are feeling overwhelmed or hopeless, or are concerned about someone you know, know you are not alone. If you or someone else needs support, a trained crisis counselor can be reached by calling the National Suicide Prevention Lifeline at 988 or by texting TALK to 741741.

988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline (now known as the 988 Suicide & Crisis Lifeline) and is now active across the United States. The previous Lifeline phone number (1-800-273-8255) will always remain available to people in emotional distress or suicidal crisis.

DO YOU NEED SUPPORT OR ASSISTANCE?

Fresno County Employee Assistance Program
(1-877-533-2363)

ComPsych is the County of Fresno's benefits provider for the Employee Assistance Program (EAP). Our EAP is a confidential service with resources, including professional counseling, available to support employees. Click the link above to learn more about our EAP. Members may access the EAP by calling the toll-free number, downloading the GuidanceNow smartphone app, or by visiting www.guidanceresources.com.

Central Valley Suicide Prevention Lifeline
988 or 1 (800) 273-TALK(8255)

The lifeline provides 24/7 access to trained crisis counselors who can help people experiencing suicidal, substance use, and/or mental health crisis, or any other kind of emotional distress.

Exodus Recovery Crisis Stabilization Unit
(559) 453-1008

