

September 2020  
Issue #1



THE WHALE WATCH

*“Looking Out for Yourself and Others”*

## ***2020 is a Mood...***

This week is National Suicide Prevention Week (Sept 6-12) and we encourage you to reflect on all things that instill hope, healing, and recovery especially as we navigate such a trying year for the health, well-being, and peace of our community.

We are including several links to help you assess your mental and emotional well-being, strategies to keep yourself and others mentally and emotionally healthy, resources to support friends/family who are hurting, free self-help resources through TAO, 24/7 crisis hotlines for yourself and/or others, and how to directly talk with a Counselor at the NEOMED [Center for Student Wellness and Counseling Services](#).

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# Suicide Warning Signs



## TALK

Being a burden to others  
Experiencing unbearable pain  
Killing themselves  
Feeling trapped  
Having no reason to live



## BEHAVIOR

Increased use of alcohol or drugs  
Withdrawing from activities  
Giving away prized possessions  
Isolating from friends & family  
Looking for a way to kill themselves, such as searching online for materials or means  
Sleeping too little or too much  
Visiting or calling people to say goodbye  
Acting recklessly  
Aggression



## MOOD

Depression  
Loss of interest  
Irritability  
Anxiety  
Humiliation  
Rage

[afsp.org/signs](https://afsp.org/signs)



**American  
Foundation  
for Suicide  
Prevention**

## *Links to Staying Well*

- [Taking Care of Your Mental Health](#)
- [Actions to Help Prevent Suicide](#)
- [Quarantine is a Mood](#)
- [Self-Assessment/Self-Help-TAO Connect](#)
- [Self-Assessment U-Lifeline](#)

## DAILY QUARANTINE QUESTIONS:

1. What am I GRATEFUL for today?
2. Who am I CHECKING IN ON or CONNECTING WITH today?
3. What expectations of "normal" am I LETTING GO OF today?
4. How am I GETTING OUTSIDE today?
5. How am I MOVING MY BODY today?
6. What BEAUTY am I either creating, cultivating, or inviting in today?



The Center for Student  
Wellness  
and Counseling  
Services

330.325.6757

[neomed.edu/cswc](http://neomed.edu/cswc)

[counseling@neomed.edu](mailto:counseling@neomed.edu)

## Hotlines

[Suicide Hotline  
Information](#)

[Suicide Prevention  
Resource Phone  
Numbers](#)

24/7 National  
Crisis Lifeline 1-  
800-273-TALK  
(8255)

Community Crisis  
Resources

