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Signs and Help for Suicide

Takoda Wells

Oftentime, people with suicidal thoughts exhibit certain behaviors that can clue those around them that they are struggling. [Here are some warning signs:](#)

- aggressiveness and irritability
- substance abuse
- drastic mood changes
- isolation from others
- impulsive and reckless behavior
- talking about death or being a burden

[How to help and save a friend:](#)

- don't be judgmental
- stay calm and positive
- check in with them on a regular basis
- Let the person express their feelings and listen to them wholeheartedly
- keep them safe and away from items or places that may be triggering

Remember, there is no quick fix to end suicidal thoughts. However, becoming a trusted support system for those in need goes a long way.

Breaking the Stigma Around Mental Health

Gabby Chong

As you may already know, there is a stigma around mental health



MISSION STATEMENT:

"The purpose of OMI is to instill resiliency skills through education and developing life skills to "at-risk" youth in hopes that they will become productive members of society. To provide opportunities that will focus on the entire mind, body, soul and spirit."

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illnesses and suicidal thoughts, and the effect of it is becoming increasingly dangerous, especially for our youth. Mental health illnesses like depression and anxiety are often looked down upon, and the mindset that being suicidal or mentally ill makes a person weak prevents proper recovery or recovery at all. [A published study shows that 83% of people have felt conscious of the stigma associated with mental illness and had difficulty seeking help because of it.](#) In order to prevent suicide and the increase in severity of mental illnesses, we must understand that it is okay to struggle with mental health. We especially need to let our youth know that they can ask for help when they are having difficulty mentally and that they aren't alone in their battle.

Mental Health Among the Latinx Community

Fareeha Mohammad



September 15th to October 15th is Hispanic Heritage Month, specifically chosen because many Latin American Independence Days take place during this period. Like most groups of people, mental health can be a common issue among the Latinx community. They face their own unique set of challenges, making treatment difficult. Cultural stigma is a large part of the issue because many Latinx are often concerned of being seen as “weak” or “crazy” which can thereby decrease their chances of getting help. Furthermore, immigration and poverty can increase the potential for poor mental health, and language barriers can decrease the quality that they should receive. [In addition, of those who experience symptoms, only 20% actually talk to a doctor about it, 10% contact a mental health professional, and 19% have no form of health insurance.](#) With the increase of suicidal thoughts and attempts among the young Latinx population, particularly in males, it is important to be understanding and supportive of the Latinx community. In doing so, we will be better able to help them find the help they need.

PRESIDENT'S NOTE

This is suicide prevention month and we are focused on reducing suicide in youth not just this month but everyday. One thing that is a heavy commonality among people who die by suicide is an unshakeable feeling of dread, despair, loneliness, and hopelessness. Don't forget to pick up the phone and check on your friends and family. Not everyone is as great as they seem to be. Take the time to send a note or text asking if they are okay. Checking on someone and then encouraging them to get help can save a life.



Activity of the Month:

Complete the Sudoku puzzle and tag us at @nywusa with your picture!

						5	
		1			9	3	
9			7		1		
		5		9		4	7
6				2			3
2	9		4		6		
			5		2		1
		4	8			2	
	1						