

COUNTY CONNECTION NEWSLETTER

SEPTEMBER



10-COUNTY OUTING



September 22nd

Dakota Sacred Hoop Walk is happening while we are there. Twin Cities Digital Artist Marlena Myles, a member of the Spirit Lake Dakota tribe, presents an augmented reality art exhibition at the Arboretum, which begins in the Harrison Sculpture Garden. Visitors use their cell phones to download the Revelo AR app to view digital images and audio at stops along the walk which honors, educates and connects visitors to Dakota history, culture and significance of the land through art and storytelling.

Scarecrows, Pumpkins & Harvest Fun

Celebrate the vibrant beauty of autumn at the University of Minnesota Landscape Arboretum! From whimsical scarecrows to an extraordinary pumpkin display, fall is bursting with creativity, color and seasonal charm.

CONTACT

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Website: Sccbi.info

CALL OR TEXT 988

- September is a time to raise awareness, encourage open conversations, and remind each other that support is available. Suicide is preventable, and reaching out for help is a sign of strength—not weakness.
- 988 Suicide & Crisis Lifeline is available 24 hours a day, 7 days a week for anyone experiencing emotional distress, mental health concerns, substance use concerns, or thoughts of suicide. You do not have to be in immediate crisis or suicidal to reach out.
-  Call or text 988
-  Chat: 988lifeline.org
- 988 connects you with a trained crisis counselor who will listen without judgment and help you work through what you're experiencing. The service is free and confidential.
- You can also contact 988 if you are worried about a friend, family member, or someone else who may be struggling.

YOU DON'T HAVE TO WAIT UNTIL THINGS
BECOME A CRISIS TO ASK FOR SUPPORT.



SEPTEMBER ACTIVITY HIGHLIGHTS

9/10 Dungeons and Dragons game at the CC - For new players be forewarned that the last time we played it took about 3 hours. If you cannot sit and focus on just this then I would recomend not joining until you are ready for such a commitment.

9/16 CSP Outing to the Jason Show. MUST SIGN UP BY 9/8 \$

9/17 Craft with Marli 10:30am MUST SIGN UP

9/18 CSP Outing Hutch craft fair \$\$ See CSP for sign up and more details

9/22 10-County Outing to MN Arboretum. More details on lunch and leave time will be coming soon, check in with Ashley at sign up.

9/30 CSP Outing to Carlson Orchard. See your CSP worker for sign up and more details.

FYI: NOON MEAL WILL BE ON MONDAY SEPT 28TH DUE TO STAFF AT A TRAINING ON OUR NORMAL DAY.

Support group will continue to be peer-led

Staff will determine if it is safe for you to attend specific activities based on recent mental or physical health issues. Signing up does not ensure your attendance. Please refer to the Group outing Policy regarding cancelations. YOU MUST INFORM STAFF IF YOU NEED TRANSPORTATION



SAFETY PLANS WORK

There is Hope.



- 1 Write 3 warning signs that a crisis may be developing.

- 2 Write 3 internal coping strategies that can take your mind off your problems.

- 3 Who/What are 3 people or places that provide distraction?
(Write name/place and phone numbers)

_____	Phone _____
_____	Phone _____
_____	Phone _____

- 4 Who can you ask for help? (Write name/place and phone numbers)

_____	Phone _____
_____	Phone _____
_____	Phone _____

- 5 Professionals or agencies you can contact during a crisis:

Clinician _____ Phone _____

Local Urgent Care or Emergency Department:

Address _____ Phone _____

Text or call 988 or chat 988lifeline.org

- 6 Write out a plan to make your environment safer.
(Write 2 things)



988

SUICIDE & CRISIS
LIFELINE

SUICIDE WARNING SIGNS FOR ADULTS

You Are Not Alone



Risk is greater if a behavior is new or has increased, and if it seems related to a painful event, loss, or change.

- Talking about or making plans for suicide.
- Acting anxious or agitated; behaving recklessly.
- Talking about being a burden to others.
- Talking about feeling trapped or in unbearable pain.
- Increasing the use of alcohol or drugs.
- Talking about feeling hopeless or having no reason to live.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

If you or someone you know is struggling or in crisis, help is available.

Text or call 988 or chat 988lifeline.org,
or reach out to a mental health professional.

988
SUICIDE
& CRISIS
LIFELINE

My Mental Health: Do I Need Help?

Take a moment to consider how your symptoms impact your daily life.

Have you had mild symptoms for less than 2 weeks?

- Feeling sad, stressed, or worried but still able to care for yourself and others
- Feeling tired or low energy but still able to complete your tasks and activities
- Feeling less interested in things you typically enjoy
- Having some trouble sleeping



These activities may help you feel better:

- Regularly exercising, eating healthy, and getting 7–9 hours of sleep
- Spending time with loved ones
- Practicing meditation or breathing exercises
- Making time for low-stress activities you enjoy
- Volunteering to help others

If these activities do not help or symptoms worsen, talk to a health care provider.



Have you had severe symptoms for 2 weeks or more?

- Feeling sad, tearful, or hopeless
- Feeling irritable or frustrated
- Feeling worthless or guilty
- Feeling tired or low energy
- Losing interest in things you typically enjoy
- Difficulty concentrating or making simple decisions
- Trouble completing your tasks and activities
- Changes in appetite, weight, sleep, or sex drive



Seek professional help.

There are ways to help you feel better. Common treatment options include therapy and medication. For help finding treatment, visit nimh.nih.gov/findhelp.



If you are having thoughts of suicide or urges to hurt yourself, get immediate help.

Call or text the 988 Suicide and Crisis Lifeline at **988** or chat at **988lifeline.org**. The Lifeline provides 24-hour, confidential support. **Call 911** in life-threatening situations.

5 Action Steps to Help Someone Having Thoughts of Suicide



ASK

"Are you thinking about killing yourself?"



BE THERE

Listen without judgment and acknowledge their feelings.



HELP KEEP THEM SAFE

Reduce their access to lethal items or places.



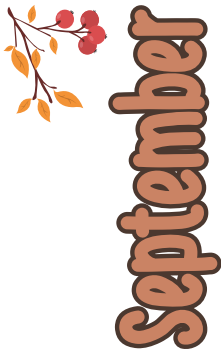
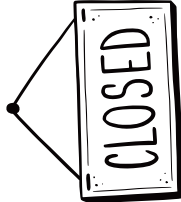
HELP THEM CONNECT

Call or text the 988 Suicide & Crisis Lifeline (988).



FOLLOW UP

Stay in touch to see how they're doing.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 7	1 	2 Open 9am-2pm	3 Open 10:30am-2pm 4	
14 Open 10:30am-3pm 11am MHM	8 Open 9am-3pm 10:30am Peer Support group  Holiday	9 Open 9am-1pm 10am walking group (intown)	10 Open 9am -3pm 10am Dungeons and Dragons	11 Open 9am-1pm 10am Movie @ CC
21 Open 9am-3pm 11am MHM	15 Open 9am-3pm 10am CC cleaning	16 Open 9am-12pm CSP Just Jason Show Deadline to sign up is Sept 8th	17 Open 10am-3pm 10:30am craft w/Marli	18 Open 9am-1pm CSP Hutch craft fair
28 Open 9am-3pm 11am MHM Noon meal	22 Open 9am-10am 10-County outing MN Arboretum	23 Open 9am-3pm	24 Open 9am-3pm 1pm bingo	25  Ashley @ 10 county planning mtg
29  staff at training	30 Open 9am-2pm 1pm RN Education group CSP Carlson Orchard	Contact info Ashley (507) 327-0644 Dawn (507) 327-0645 Amanda (507) 479-3384 716 Sibley Ave, Gaylord, MN		