Join Healthy Lifestyles Sunday, September 6th - Saturday, September 12th, in recognizing and participating in National Suicide Prevention Week. This nationwide annual week-long campaign is to inform and engage individuals about suicide prevention and warning signs of suicide. The campaign also strives to reduce the stigma surrounding the topic, as well as encourage mental health assistance and support for individuals who have attempted or thought about suicide. Awareness events are held throughout the week corresponding to World Suicide Prevention Day, which is recognized annually on September 10th.

Join us for a Suicide Prevention Presentation with our very own BreeAnn Silcox from the Health Department, Wednesday, September 9th from 12:00 pm - 1:00 pm and earn 10 Healthy Lifestyles points!

"Mental Health is not a destination, but a process. It's about how you drive, not about where you are going." - Healthyplace.com

Drive Your Intention:
Road Map To Maintain Your Mental Health

New post
READ SEPTEMBER'S HEALTH HUB
Finding your life purpose creates a sense of meaning and intention in your life. An intention is a guiding value for how you want to be and live. An intention should not be confused with a goal. A goal is the result or achievement toward which effort is directed. An intention is an aim, a purpose, or attitude you’d be proud to commit to. You know what you love to do, what you are good at, and how you can contribute to the world which is why purpose is associated with better mental and physical health.

Earn 15 Healthy Lifestyles points by challenging yourself to find your purpose with the ‘Drive Your Intention' campaign. You will delegate an intention on your WellSteps account each day from September 7th to September 18th, with a wrap-up week ending on September 27th.

Feeling down from time to time is a normal part of life, but sometimes emotions such as hopelessness and despair take over and won’t go away. Again, these symptoms can be part of life’s normal lows, but the more symptoms you have, the stronger they are, and the longer they’ve lasted, is what’s important to pay attention to. Depression is a major risk factor for suicide. Suicide may feel like the only way to escape the pain. Take any suicidal talk or behavior seriously and watch for the warning signs. Don’t be afraid to reach out if you or someone you know needs help. Learning all you can about mental health is an important first step.

**Drive Your Way Through 7 Tips On How To Talk To A Loved One About Their Mental Health**

The World Health Organization estimates that each year approximately one million people die from suicide, which represents a global mortality rate of 16 people per 100,000 or one death every 40 seconds. Utah adults aged 25-64 have the highest rate of suicide. Having a strong social support system improves overall mental health and the ability to bounce back from stressful situations.

- **Active Listening**
- **Don't Compare**
- **Keep Your Word**
- **Don't Judge**
- **Ask What You Can Do**
- **Offer To Join Them**
- **Know When Other Help Is Needed**
We may experience getting lost, having flat tires, running out of gas, and having to take detours on our "road trip" of life. 1 in 5 people will experience a diagnosable mental health condition in their lives, but 5 out of 5 people will go through a challenging time that affects their mental health. Having mental health resources in your glove box will help you stay in the right direction and provide you with perspective on your journey.