



# Momentum



**Live Webinar**—On Wednesday, September 13, learn how to put compassion into action: *How to be a Mental Health Ally in Your Personal and Work Life*. Register [here](#).

## Becoming a mental health ally

Mental health allies are people who understand the isolating, often debilitating discomfort of mental health problems. Such allies create safe spaces where others can feel comfortable discussing their mental states and seeking treatment. Allies share their own mental health stories, and they encourage struggling individuals to seek help.

Educate yourself and your colleagues about behavioral health issues. Prepare to talk one-on-one with teammates who might be struggling and encourage your workgroup to be sensitive to others' mental health challenges.

When someone is experiencing a mental health problem, it's usually difficult for them to request help. Start conversations that create a safe space for someone to talk about their problem so they can move toward assistance without needing to ask.

By sharing your own mental health experience—whether it's with a serious, lifelong mental illness or your daily struggles with anxiety—you open the door for people to see themselves in your story and feel less alone.



## Digital Emotional Wellbeing Program by NeuroFlow\*

Take control of your whole health: life, mind and body with personalized, self-directed behavioral health resources from NeuroFlow. Neuroflow is a digital health app for tracking, assessing and managing your overall wellness. It can help guide your journey toward improved mental health and holistic wellbeing. Visit your member website to get started.

\*Eligibility based on your specific program benefits



**Kelso School District**  
**Employee Assistance Program**



Call (800) 523-5668



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## Mind Your Mental Health

### September is Suicide Prevention Awareness Month

This observance promotes greater awareness of the risks of suicidal thoughts and behavior for people around you, and encourages those at risk to connect with needed treatment services.

- Forty-six percent of people who die by suicide have had a diagnosed mental health condition, but research shows 90% may have experienced symptoms of a mental health condition.
- Suicide is the second leading cause of death among youth ages 10–14.
- You can prevent a suicide if you're able to spot warning signs and arrange for safety and professional treatment.
- Individuals in crisis may withdraw from others and their usual activities, talk about dying, show stark personality changes or large emotional swings, and/or appear depressed.
- If you or someone you know is in crisis, help is available. Call or text 988 or chat [988lifeline.org](https://988lifeline.org) to reach the 988 Suicide & Crisis Lifeline.

Visit [MagellanHealthcare.com/about/bh-resources/mymh](https://MagellanHealthcare.com/about/bh-resources/mymh) or call your program for confidential mental health resources.

## Working on Wellbeing

### Community wellbeing

- The wellbeing of a community is based not only on meeting residents' basic needs such as housing, adequate food, healthcare and public safety. It also means that all citizens are treated with fairness and justice in a setting where they can fulfill their potential.
- Ask yourself: What do you feel passionate about in your community? Match what you love to do with a need.
- To contribute to community wellbeing, get connected with your neighbors and work together to build trust among residents. Offer support to neighbors who need it, and promote selflessness and healthy living throughout your environment.

## Money Matters

### September 2023 financial webinars

#### Planning for College 101

Tuesday, September 12

Register here: [9 a.m. PT](#) | [12 p.m. PT](#)

Review different types of college savings accounts and the financial aid process. Prepare to tap diverse funding sources like scholarships, grants and loans.

#### Choosing Your Benefits: What to Fund & Why?

Thursday, September 28

Register here: [9 a.m. PT](#) | [12 p.m. PT](#)

Learn about employee benefit options that are right for you and your family. Examine the specific advantages of plans so you can make smart benefit decisions.