



BHS A.S.S.I.S.T. Spotlight

September 2023

Your EAP is a free and confidential service, which provides resources to assessment and short-term counseling for a variety of mental health, substance abuse and work/life related issues. To learn more about your available benefits, contact your BHS Care Coordinator at 800.245.1150.



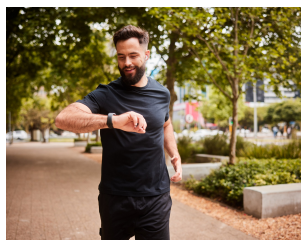
Suicide Prevention Month

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Suicide Prevention Month

September is Suicide Prevention Month, a time to raise awareness and discuss this highly stigmatized topic. This month is dedicated to providing hope and information to people affected by suicide. Suicidal thoughts, like mental health conditions, can impact anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health issue. Suicidal thoughts should not be considered normal and can indicate more serious problems.

Warning Signs

Comments or thoughts about suicide, also known as suicidal ideation, can start small but over time become more explicit and dangerous. Here are a few warning signs to watch for:

- Withdrawal from friends and family
- Dramatic mood swings
- Impulsive or aggressive behavior
- Increased alcohol and drug use
- Collecting and saving pills or buying a weapon
- Giving away possessions
- Tying up loose ends, like organizing personal papers or paying off debts
- Saying goodbye to friends and family

Providing Support

Here are a few helping things to keep in mind when approaching someone who may be suicidal:

- Start by expressing support and concern
- Calmly ask simple and direct questions, like “Can I help you call your psychiatrist?”
- Don’t argue, threaten or raise your voice
- Have one person speak at a time
- Try not to fidget or pace
- Remove means (weapons, medications, etc.)

National Resources

The following crisis lines are available 24/7:

- National Suicide Prevention Lifeline: call or text 9-8-8
- National Alliance on Mental Illness (NAMI): call 1-800-950-6264 or text 741-741
- Military/Veterans Crisis Line: call 1-800-273-8255 and press 1 or text 838-255
- Trevor Lifeline for people who identify as LGBTQ: call 1-866-488-7386

Resource: National Alliance on Mental Illness (NAMI)

Your EAP provides free and confidential assessment and counseling resources. Call BHS at 800-245-1150 to learn more today.



Professional Networking 101

Professional networking involves meeting a variety of people you may not otherwise meet or socialize with. The key is to keep an open mind—even people with whom you have little in common could turn out to be some of your most valuable connections.

How to Build Your Network

Building your professional network is a process that requires sincerity and dedication; it can not be done overnight. There are many opportunities to establish useful relationships:

- Reach out to your personal contacts, even if they do not share your career interests, they can be extremely valuable when it comes to networking.
- Attend conferences or formal networking events. Industry and/or professional events present an opportunity to build your network: it is perfectly acceptable to strike up a conversation with a stranger in this context.
- Leverage digital networks. Social media platforms, such as LinkedIn, are optimal for connecting with people who have similar professional interests and goals.

How to Maintain Your Network

It is not enough to call upon your contacts only when you need their help, you must also think about how you can help them. Here are examples:

- Pass along relevant information. Reach out to your contacts when something reminds you of them, such as an article or event they might like. Simple gestures like these clearly demonstrate that you are thinking of others.
- Facilitate introductions that are mutually beneficial. If two people you know share similar interests or goals, connect them! You can facilitate an introduction in-person, use social media or send both parties an email. Be sure to mention how you know each person and how they might benefit from connecting.

If you have questions or would like additional guidance, your designated BHS Care Coordinator can help. To learn more about the benefits, call 800-245-1150 or visit www.behavioralhealthsystems.com.



Walking: Count Those Steps

Walking is a great way to stay active and is the most popular physical activity among adults. Most people can walk, including many people with disabilities who are able to walk on their own or with walkers or other aids. Walking is easy to do and has a low risk of injury. Walking is also free because you don't need special equipment, clothing, facilities or training. With the weather cooling off for fall, this is the perfect time to start a walking habit.

How much should I Walk?

Adults need 2.5 hours per week of moderate-intensity aerobic activity to stay healthy. Aerobic physical activity is activity that speeds up your heart rate and breathing. Brisk walking is an example of moderate-intensity aerobic activity. Walking briskly for 30 minutes a day, 5 days a week, will help meet the goal of 150 minutes per week. If you can't walk for 30 minutes at a time, try breaking your activity into three 10 minute walks instead.

Creating a Habit

It is like scheduling "me" time in your calendar. When engaging in a hobby regularly, you make it a habit. Instead of feeling guilty that you are not working, it becomes part of your routine, something you plan your work and other responsibilities around.

- Walk in places you enjoy, like a park or shopping center. Try different places and routes to keep it interesting and to stay motivated.
- Bring a friend or family member. Having a regular walking buddy may help keep you going - even when you would rather stay home. You can cheer each other on.
- Track your progress on paper, online or with a fitness app for your phone or computer. Devices such as pedometers and fitness trackers may help you count steps and how far you walk during a certain period of time.

RECIPE: Slow Cooker Cheese Dip • 2 quarts • 15 minute prep time • 4 hours cook time

Ingredients • 1 lb. ground beef • 1 lb. spicy pork sausage • 2 lbs. cubed Velveeta •
2 10oz. cans of diced tomatoes and green chiles • Tortilla chips or vegetables to dip

Instructions • In a large skillet cook the beef and sausage on medium heat, then drain •
Add meat, cheese and tomatoes to slow cooker and stir • Cook on low for 4-5 hours,
stirring occasionally • Serve with your favorite chips or vegetable

