

Fold above at middle of sheet and fold under at dotted lines to form a tent card. Staple or tape together for extra stability.

# September

September is dedicated as Suicide Prevention awareness month. Studies have shown that 90% of those who die by suicide have a diagnosable disorder, and that belonging to a faith community can be a protective factor.



- 800-273-TALK
- <http://chat.suicidepreventionlifeline.org>
- Make the causes of suicide understood
- Support the care of those most at risk
- Support families bereaved by suicide



# August

August is often a time for family vacations, but for families with members with disabilities a respite from the responsibilities of caregiving is a “vacation” that is welcome more often. Consider becoming a RESPITE volunteer!

- The National Council of Catholic Women operates RESPITE, a program that trains volunteers to offer relief to families who care for loved-ones.
- <https://nccw.org>
- [nccw01@nccw.org](mailto:nccw01@nccw.org)



Fold above at middle of sheet and fold under at dotted lines to form a tent card. Staple or tape together for extra stability.

Fold above at middle of sheet and fold under at dotted lines to form a tent card. Staple or tape together for extra stability.

## November

The holidays bring rich family experiences, but also stress and the potential for disorder, especially for family members with certain disabilities. Find ways to prepare for the holidays and enjoy the season.



- Invite all to Church for those who need it
- Allow for alone time
- Allow all to help in some way, as able
- Reach out to those who may be spending holidays alone
- Remember self-care



- Attend an online prayer service hosted by NCPD (NCPD.org)
- Invite a family member and/or caregiver to share their story
- Show “Welcomed & Valued” from NCPD at your parish

## October

One out of every four families in a parish will have to cope with the effects of mental illness. Find out some simple ways your parish can reach out to them during Mental Illness Awareness Week: October 1 - 7, 2017



Fold above at middle of sheet and fold under at dotted lines to form a tent card. Staple or tape together for extra stability.