

NURTURE YOURSELF AND OTHERS: L.I.N.K.S. TO LIFE, NOVEMBER 2023

LEARN ABOUT SUICIDE PREVENTION

Suicide is a serious public health problem that can have lasting effects on individuals, families, and communities. Because suicide prevention is so important in Oregon, several groups came together to promote mental wellness.

DO YOU KNOW ABOUT...?

That using your 5 senses can help
decrease stress?

- Sight-Look for things that bring positive emotions
- Listen- Focus on things that YOU like to listen to
- Smell- For example lavender is a calming scent.
- Taste- Food can help elevate mood. Bananas and apples are examples of food that have a calming effect.
- Touch- Try petting an animal or going barefoot in the grass.

NURTURE...

[PPS Virtual Calming Room](#)

Holidays can be stressful. Here are
some tips that can help.



EVENTS

November 18 9:00-12:00 |
[Coping with Grief at the Holidays-](#)
Willamette Vital Health

November 22nd |
Youth ERA Holiday Feast
ages 14-25. For more [info](#),

For Holiday food boxes
call 211

FOR MORE INFORMATION ON
EVENTS IN NOVEMBER, GO TO
MVSUICIDEPREVENTION.ORG OR
USE THE QR CODE

MID-VALLEY
Suicide
Prevention
Coalition

