

Innovative WellNews



September Suicide Prevention Month



Did you know?

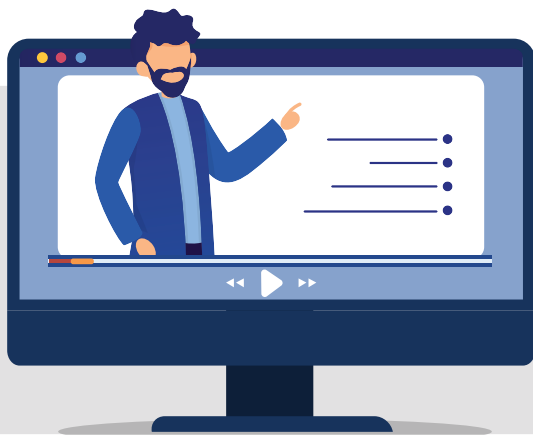
Over 50,000 people in the U.S. died by suicide in 2023!

September is National Suicide Prevention Awareness Month. We all can help someone in need through our actions that promote healing, helping, and giving hope.

- **Ask.** Don't be afraid to ask someone if they are having thoughts of suicide.
- **Be There** Listening, without judgement, is very helpful.
- **Keep Them Safe** Make lethal means less available.
- **Help Them Stay Connected** Help those at risk create a network of resources and people for support.
- **Follow Up** Ongoing contact is important.
- **Learn More** about suicide prevention resources [HERE](#)



If you're struggling, call or text the Lifeline at 988



Innovative Benefit Planning is hosting VitalCog, a 2-hour Suicide Prevention in the Workplace Training

September 25, 2024, 10 am-12 pm

[REGISTER HERE](#)

Suicide prevention is everyone's business!

Jaime Angelini, Statewide Director of Suicide Prevention for MHANJ

Suicide Warning Signs

- Withdrawal
- Saying a formal goodbye
- Giving away important items
- Making a will
- Extreme mood swings
- Taking dangerous risks

Mental Health Resources

Name	Employee Cost	Description	Website
988 Mental Health Hotline	Free	988 is a 3-digit dialing code for mental health crisis and suicide prevention. The line will operate 24 hours a day, 7 days a week for calls, texts and chat.	N/A
Andxiety Social Net	Free	Connect with people dealing with any type of anxiety.	http://www.andxiety.net
After Silence	Free	Sexual assault survivors	https://www.aftersilence.org
Daily Strength	Free	Self-help	https://www.dailystrength.org/groupself-help
International OCD Foundation	Free	OCD	https://www.icdf.org
Vet Center	Free	Veterans, PTSD	https://www.vetcenter.va.gov
HeadSpace	Free trial available, \$15 per month, or \$40-\$70 annually	Meditation, Self-care	https://www.headspace.com
GrubHub	2 weeks free, \$15 per month	GrubHub Self-Serve provides the full HD video content library and feature set.	https://grubhub.com/individuals
BetterHelp	\$40-\$90 per week, billed every 4 weeks, cancel at anytime	Talk with a licensed, professional therapist online. Any topic: depression, stress, anxiety, anger, relationships, grief, self-esteem, eating disorder, personality disorders, etc.	https://www.betterhelp.com
Valera Health	Treatment starts at \$15 per session	Valera Health offers therapy and psychiatry services to NJ residents. Find consultation with a health coach who will match you with a provider. Most patients are seen by their matched therapist or psychiatrist within one week.	https://consult.valerahealth.com
Talkspace	Treatment starts at \$45 per session	Talkspace connects you with a licensed mental health professional so you can receive therapy directly from your digital device. You get unlimited monthly messaging with your assigned therapist. You can send text, video or audio messages.	https://try.talkspace.com/better-therapy
Moodfit	Free	Moodfit is an app that provides insight to "track" your mood. A questionnaire is provided to determine the severity of symptoms. Articles and videos are also provided for support.	https://www.getmoodfit.com/
MoodMission	\$5	MoodMission provides you with activities based on your current mood. This can be anything from exercise, learning new activity like how to knit, draw or learning how to manage negative thoughts.	https://www.moodmission.com/

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Please check out the many free and low-cost mental health resources [HERE](#)

Flu Shots

As the summer ends and we head into the fall, it's time to start thinking about flu shots. According to the CDC, flu activity begins to increase in October and often peaks between December and January. The benefits of getting the flu shot include:

- Lowers risk of flu-associated hospitalizations
- Reduces the severity of illness if you get infected
- Lowers risk of infection in those with chronic diseases and compromised immune systems

Tasty Back To School or Work Snack Idea!



Ants on a Log

Ingredients:

- Celery
- Peanut butter
- Raisins

- Directions:
1. Cut celery stalks in half.
 2. Spread with peanut butter.
 3. Sprinkle with raisins.

Health and Wellness Observances



National Recovery Month

Recovery is possible for mostly everyone who is living with substance abuse issues with the right treatment, support, and resources. Please visit the website [SAMHSA](#) (Substance Abuse and Mental Health Services Administration) for resources for learning about and supporting those in recovery.

Cholesterol Education Month

Although cholesterol is necessary for our cells, too much cholesterol can build up in our arteries and increase the risk of a heart attack. Total cholesterol is the sum of your high-density lipoprotein (HDL) cholesterol, low-density lipoprotein (LDL) cholesterol, and 20% of your triglyceride levels.

- **HDL** is “good cholesterol” – a higher number may help protect your heart
- **LDL** is “bad cholesterol” – studies suggest to keep at or below 100 mg/dL
- **Triglycerides** – the fat in your body, the goal is less than 150 mg/dL

Monthly Physical Activity Tip

September is National Yoga Month. Yoga offers many health benefits such as improved physical, emotional, mental, and spiritual well-being. Try it for free at [DoYogaWithMe](#).

Monthly Nutrition Fact

This month's nutrition theme is “Fruits & Veggies-More Matters”. Enjoy 5-7 servings of in-season fruits and veges daily including:

- Tomatoes
- Eggplant
- Squash
- Peppers
- Cucumbers

A serving is 4-6 oz, half a cup of cooked vegetables, or a cup of raw vegetables or fruit

If you're only used to having one serving a day then gradually increase each week. An easy way to sneak veges into your breakfast is in an omelette or egg scramble.

Sources

<https://988lifeline.org/promote-national-suicide-prevention-month/>
<https://www.nlm.nih.gov/health/publications/warning-signs-of-suicide#>

<https://heart.org>
<https://www.samhsa.gov/>