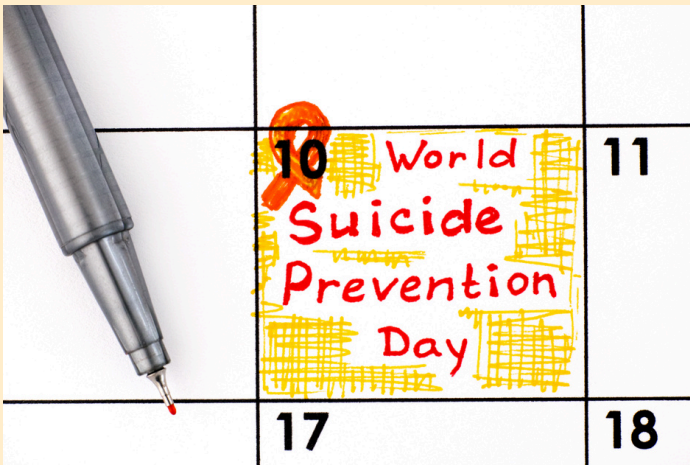


# Mental Health Matters

Everyone Has A Story

September 2024



Dial 988



## IN THIS ISSUE:

- ✓ Suicide Awareness & Prevention
- ✓ Prevention & Support Spotlight
- ✓ Green Flag People
- ✓ Childhood Cancer Awareness



This is growth.



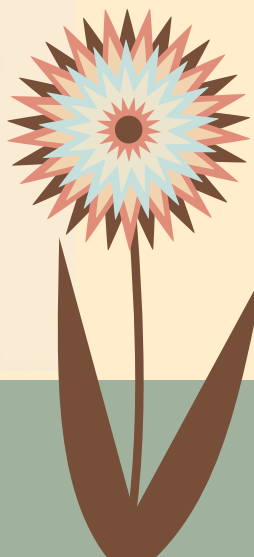
This is growth.



This is growth.



This is growth.



# Suicide Prevention Month

## What leads to suicide?

There is no single cause. Suicide most often occurs when stressors and health issues converge to create an experience of hopelessness and despair. Depression is the most common condition associated with suicide, and it is often undiagnosed or untreated. Most people who actively manage their mental health conditions go on to engage in life.



**Text TALK to 741741**  
Text with a trained counselor  
from the Crisis Text Line 24/7

**Dial 988**  
Press 1 for Veterans. Press 2 for Spanish.  
Text 988 (English only)



## Have an honest conversation.

If you are worried about someone, assume you are the only one who will reach out.

- Talk to them in private, and tell them you care.
- Listen to their story
- Avoid debating the value of life, minimizing their problems, or giving advice.
- It's okay to ask directly about suicide.
- Encourage them to seek help or to contact their doctor or therapist.



[www.afsp.org/alabama](http://www.afsp.org/alabama)



The South Alabama ***Out of the Darkness Walk***  
will be held Sunday, October 13 at Daphne  
City Hall beginning at 1:30 PM

Contact: Lydia Barber and Lorie Evans  
Contact Phone: 251-455-6453 and 251-510-2835  
Contact Email: [lydiabarber1@gmail.com](mailto:lydiabarber1@gmail.com) and  
[llevansart@yahoo.com](mailto:llevansart@yahoo.com)

# Prevention & Support Staff Spotlight

## Lesley James



Mrs. Lesley James is the Regional Team Leader of school nurses for the Bay Minette feeder pattern. Mrs. James has been a school nurse with Baldwin County Schools since 2010. She began serving Rockwell School before becoming a Regional Team Leader in 2020. Mrs. James is a Baldwin County native and she graduated from Baldwin County High School in 1996. Mrs. James earned her RN from Jefferson State Community College in 1999 and her BSN from The University of South Alabama in 2015. In 2024, she earned her MA in Health Studies from The University of Alabama as well as the certification for Certified Health Education Specialist in April 2024. Mrs. James lives in Spanish Fort with her husband of 26 years and they have 3 children: Hannah, age 24; Sarah, age 20; and Jacob, age 17. Her family enjoys watching her son play baseball. Mrs. James loves to read and watch movies, especially a good Rom Com with Reese Witherspoon. When asked what she enjoys most about her job, she states that she loves being able to help equip people to improve their skills and helping equip students to care for themselves.

*“There’s no bad consequence to loving fully, with all of your heart. You always gain by giving love.”* Reese Witherspoon

*Who we surround ourselves with matter and have a significant impact on our mental well being. Surround yourself with “Green Flag People,” those who feed your soul rather than depleting it.*

### Green flags in people:

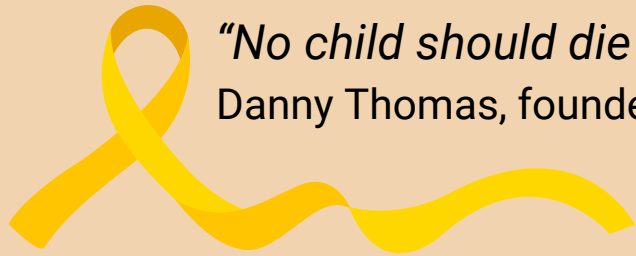
- They celebrate your wins
- Remember small things about you
- They respect your boundaries
- You feel energized after seeing them
- They listen without being defensive
- They allow you to be fully yourself
- They make you feel safe
- You don't have to watch what you say
- They support your goals

@herpsychology



# Childhood Cancer Awareness Month

On average, more than 290 children and adolescents in the U.S. are diagnosed with cancer each week. St. Jude Children's Hospital in Memphis, TN develops treatments through research. Since it's opening in 1962, St. Jude has helped improve the overall childhood cancer survival rate from 20% to more than 80%. St. Jude leads more clinical trials for childhood cancer than any other children's hospital in the United States. Worldwide, about 400,000 children and adolescents develop cancer each year. Only half of these children's diseases are diagnosed. The research and treatments discovered by St. Jude are shared with the World Health Organization (WHO) being the only WHO collaborating center for childhood cancer. "The mission of St. Jude Children's Research Hospital is to advance cures, and means of prevention, for pediatric catastrophic diseases through research and treatment. Consistent with the vision of our founder Danny Thomas, no child is denied treatment based on race, religion or a family's ability to pay." [St. Jude Children's Research Hospital - Homepage](#)



*"No child should die in the dawn of life."*  
Danny Thomas, founder of St. Jude Hospital



## ***"Go GOLD"***



with Baldwin County Schools  
***Friday September 27, 2024***  
by wearing your gold/yellow