



CONTRA COSTA HEALTH SERVICES WELLNESS TIPS WE ARE ALL IN THIS TOGETHER!

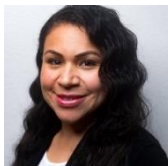


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<https://cchealth.org/wellness/video-record.php>

CCHSWellness@cchealth.org

CELEBRATING HISPANIC/LATIN AMERICAN HERITAGE MONTH SEPTEMBER 15 – OCTOBER 15, 2022



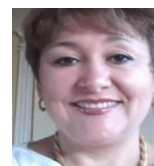
Nancy



Kenia



Wendy



Ana

View our new online Wellness Videos on **Hispanic/Latin American Heritage** and/or hosted by our **Hispanic/Latin American Heritage** Wellness Talents with your friends and family! **Send us your feedback and you might win a prize!** <https://cchealth.org/wellness/video-record.php>

- **Hispanic/Latin American Culture: Creating a Sense of Belonging by Nancy Sandoval-Morton, LCSW.** Nancy is proud to have Central American and Salvadoran roots.
- **Writing to Heal through Difficulty by Kenia Rodriguez.** Kenia is a first generation Mexican American Teacher/Counselor with deep roots in the state of Jalisco, Mexico.
- **Hispanic Heritage and Wellness Practices by Wendy Figone.** Wendy is certified in Yoga Therapy, Forest Therapy, & Myofascial Release. She travels to Baja, Mexico to study Hispanic wellness practices.
- **Joy in Cooking Videos with Ana Villalobos.** Ana's passion for cooking has helped low-income communities learn how they can eat healthier on a budget, incl. Spanish-speaking communities. (Public Health Partnership)



SEPTEMBER IS NATIONAL SUICIDE PREVENTION MONTH by Patty Hennigan, PhD

Mental health organizations around the country recognize **National Suicide Prevention Week and Suicide Prevention Awareness Month** during the month of **September** each year. **Talking to a counselor** about any questions you have about how to help support others or how to get help for yourself is a great place to start.

988 is the new three-digit dialing code that routes callers to the **National Suicide Prevention Lifeline.**
Contra Costa's new A3 Miles Hall Crisis Center line is open 8am-6:30pm: **833-443-2672.**

Despite outdated misperceptions, **suicide is neither a personal failure nor the evidence of mental illness**, but rather a **common human response** to difficult environmental factors and emotional pain. **Improving life circumstances, enhancing social connection, and reducing emotional pain** are the most effective ways to reduce the frequency and intensity of suicidal thoughts and feelings.

We Care About You. Wellness Core Team Members: Priscilla Aguirre, Amanda Dold, Will Harper, Patricia Hennigan, Helena Martey, Brian M. Johnson, Kristin Moeller, Kimberly Nasrul, Samir Shah, Sonia Sutherland, Arlene Trimble. Contact Info: CCHSWellness@cchealth.org