

Health Department



BOOK CLUB

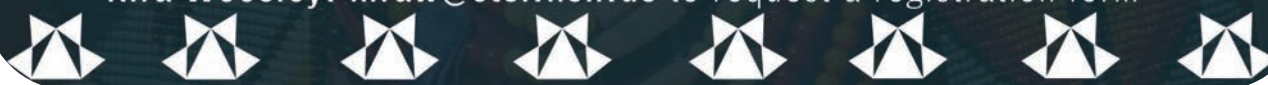
With the Siletz CARE Program & Prevention

Virtual book club for youth age 12-18 with an emphasis on empowerment and social justice issues. Our first book is #NotYourPrincess, a collection of art, poetry and short stories from Native American women.

Once you have registered, we will have your book shipped to your house. We will meet up every Thursday at 3:30pm on Zoom to talk about what we have read and our thoughts on the book and the topics we are learning about.

Zoom Meetups Thursdays at 3:30pm

If you are interested in joining this group please email Kira Woosley: kiraw@ctsi.nsn.us to request a registration form



Virtual Sewing Circle

Bring your sewing stuff and meetup with the CARE

Program via Zoom to sew masks for your community.

Tuesdays

10am – 11:45

Email Jen Metcalf for meeting login & password

JenM@ctsi.nsn.us

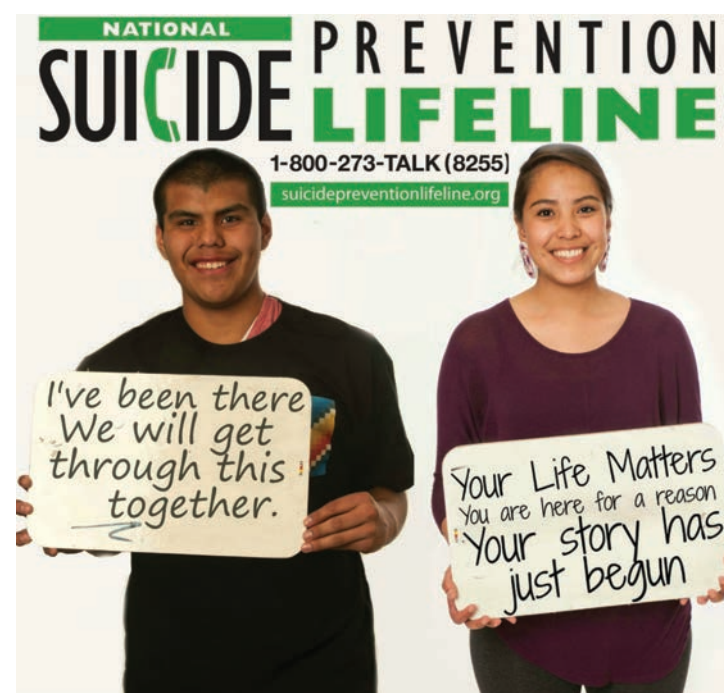


National Suicide Prevention Month

In the United States, suicide rates for American Indian and Alaska Natives is the highest of any racial group. It is the second leading cause of death for AI/AN who are 15-24 years of age. It is important to raise awareness and reduce the stigma surrounding this topic, which includes encouraging those in need to get mental health assistance. You can make a difference by learning about the warning signs of suicide and by regularly checking in with your friends and family.

Suicide Warning Signs:

- Hopelessness; feeling like there is no way out
- Rage or anger
- Engaging in risky activities
- Increasing alcohol and drug use
- Withdrawing from friends, family, or usual activities
- Sleeping too much or too little
- Anxiety, agitation, or mood swings
- Seeing no reason for living or having no sense of purpose in life
- Feeling that there is no one that cares about you
- Giving away possessions



National Suicide Hotline: 1-800-273-8255

Crisis Text Line: Text HOME to 741741