

# Region 1 Behavioral Health Authority

**August 2021 Newsletter**



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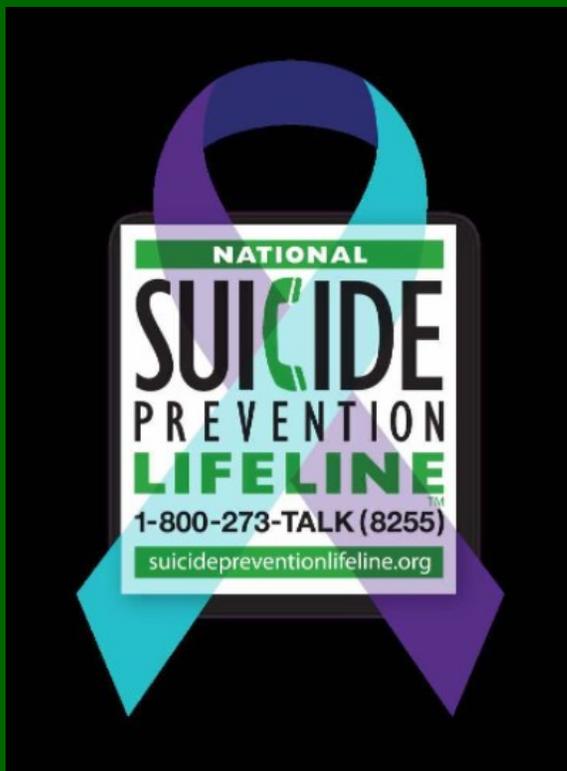
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**September is National Suicide Prevention Month**, an annual campaign in the United States to inform and engage the public around the topics of suicide prevention and the warning signs of suicide.

#BeThe1To is the National Suicide Prevention Lifeline's message for National Suicide Prevention Month and beyond, which helps spread the word about actions we can all take to prevent suicide. The Lifeline network and its partners are working to change the conversation from suicide to suicide prevention, to actions that can promote healing, help and give hope.



The Region 1 Nebraska Strong Recovery Project is an outreach program working with individuals, families, and communities impacted by the COVID-19 pandemic in the state of Nebraska. Nebraska Strong provides community-based support and education to help Nebraskans cope during this stressful time. The project is funded by a grant from the Federal Emergency Management Agency (FEMA) in conjunction with the Center for Mental Health Services, Substance Abuse and Mental Health Services Administration (SAMHSA) to the Nebraska Emergency Management Agency (NEMA) and the Nebraska Department of Health and Human Services. For more information, visit the Nebraska Strong website at <https://nebraskastrongrecoveryproject.nebraska.edu/> or find the project on Facebook @NebraskaStrongRecoveryProject or Twitter @NebraskaStrong

**A PRACTICAL GUIDE**  
to **Self-care**  
When Working from Home

**Mental Health FIRST AID**  
from NATIONAL COUNCIL FOR MENTAL WELLBEING

- Separate “work” and “life” to create better work-life balance.
- Ready, set, routine to set yourself up for success.
- Schedule breaks throughout the day to give your brain a rest from work.
- Stay hydrated and well-fed to ensure you're fueling your body while you work.

# STOP THE STIGMA

Everyone has a “mental health toolkit” that helps them through good and bad times. It might contain self-care strategies, coping mechanisms for stressful days or people to turn to for support. Please take a moment to review these tips from Mental Health First Aid in order to establish or enhance an effective self-care plan. Contact Region 1 Youth Systems Manager Bailey Kling for more information on Mental Health First Aid.

## How to Practice **Self-care** as a **BUSY PARENT**

- 1 **Declutter** and **strengthen** your spaces so you can have peaceful moments to yourself.
- 2 Make your mornings **mindful** by having a routine that serves you.
- 3 **Stay connected** with friends and loved ones for support.
- 4 Remember **you matter** and deserve some you time!



# Five Ways to WIND DOWN and RELAX Before Bed

- ✈ Schedule **technology-free time**.
- ✈ Try to keep work away from your **bedroom**.
- ✈ Lose yourself in a **good book**.
- ✈ Listen to **calming music**.
- ✈ Try **stretching** or **light yoga**.



NEBRASKA FAMILY  
**HELPLINE**  
1-888-866-8660  
A 24/7/365 resource for families  
of a youth experiencing  
behavioral health challenges.

## National Suicide Prevention Lifeline

**1-800-273-8255**



Check us out at  
[www.region1bhs.net](http://www.region1bhs.net)

### RESOURCES FOR WESTERN NEBRASKA

24/7 Mental Health line: 308-635-5766

24/7 Substance Abuse line: 308-762-7177

Suicide Prevention Lifeline: 1-800-273-8255

24/7 Crisis Text line: text REG 1 to: 741-741

24/7 Nebraska Family Helpline: 1-888-866-8660

Disaster Distress Helpline: 1-800-985-5990 or Text '*TalkWithUs*' to 66746

Rural Response Hotline: 1-800-464-0258