

September 2022

Diversity, Equity, & Inclusion Corner

This Month's Happenings:

September 10th is Suicide Prevention Day

World Suicide Prevention Day, first established in 2003, represents a global commitment to focus attention on suicide prevention. To raise awareness, many use this day to share personal stories and mental health resources. There are [five deaths per day in Ohio](#) from suicide and [33%](#) of people report they know someone who has died by suicide; all of us as healthcare professionals can take action to raise awareness in our communities.

Those contemplating or affected by suicide are encouraged to share their stories and seek professional help by dialing or texting 988 to reach the National Suicide Prevention Lifeline. For those looking to participate in an awareness event, Out of the Darkness Cincinnati is hosting a community walk of remembrance, hope, and support on [Sunday, October 9](#).

September 29th is World Heart Day

Created by the World Heart Federation in 2000, [World Heart Day](#) brings awareness to cardiovascular disease as the world's leading cause of death, claiming 18.6 million lives each year, and highlights the actions that individuals can take to prevent and control cardiovascular disease. By controlling risk factors, such as tobacco use, unhealthy diet, and physical inactivity, at least 80% of premature deaths from heart disease and stroke could be avoided.

For those looking to participate in an awareness event, CycleNation Cincinnati is hosting a cycling event to empower people to be healthy while funding vital research to eradicate heart disease and stroke on Thursday, October 6.

DEI Conversations & Education:

CaraConference 2022: September 12-16

Join Caracole for their fifth annual CaraConference, a virtual educational event focused on the intersection of public health and HIV/AIDS. Hear from national and regional public health experts as they discuss how systemic challenges impact access to care and share the community-led approaches they've adopted to empower individuals and communities to achieve better health outcomes. [Registration](#) closes on Thursday, September 8 at 11:59 PM (ET).



It's Okay to Ask for Help

Mental Health Resources for Yourself and Your Friends

- National Suicide Prevention Lifeline**
1-800-273-TALK (8255),
Veterans: Press 1
- Crisis Text Line**
Text TALK to 741741 to text with a trained counselor for free
- RAINN**
National Sexual Assault Hotline
Lifeline: 1-800-656-4673
Chat: Via hotline.rainn.org
- TWLOHA**
Connect to mental health resources in your community
twloha.com/find-help
- The Trevor Project**
TrevorLifeline: 1-866-488-7386
TrevorText: Text TREVOR to 1-202-304-1200
TrevorChat: thetrevorproject.org
- National Alliance for Eating Disorders**
Helpline: 1-866-662-1235
allianceforeatingdisorders.com
- National Eating Disorders Association**
Helpline: 1-800-931-2237
Chat: Via myneda.org
- Seize the Awkward**
seizetheawkward.org
@seizetheawkward

afsp.org/resources

 American Foundation for Suicide Prevention



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