

JULY & AUGUST



# PHW Newsletter

Summer is often a time to unwind and destress for many, however we can be out of routine, have changes in our sleep patterns and eating habits which can impact our mental health. Here are a few of our self-care tips for this summer to ensure you are taking care of your mental wellness; drink lots of water, try to limit coffee & alcohol intake, get some sunlight everyday, stay active, get enough sleep, maintain a healthy diet, keep up with medications as prescribed & counselling sessions, take a mindful nature walk, or read a book outside!

July 24th is international Self-Care day, check out selfcare.ca to learn more!



## Discover This Month

The Love My Mind Non-Profit Initiative was founded in Saskatoon, by the Anderson family in memory of Mark Anderson who suffered from depression, compounded by an addiction to alcohol. Mark took his life in November of 2018. During the grieving period, the family recognized a desperate need for awareness and support surrounding mental health, addiction and suicide, The vision of Love My Mind is to facilitate awareness, support and to start more open conversations surrounding the stigmas of mental health by telling their story as well as listening to others. We have bracelets available for sale at PHW and funds go directly to mental health projects. Come in and check them out!

**BROUGHT TO YOU BY:**



At Living Works safeTALK training, you will learn how to prevent suicide by recognizing signs, engaging someone, and connecting them to an intervention resource for further support. A skilled, supportive trainer will guide you through the workshop featuring powerful presentations, audiovisuals and skills practice. This is an internationally recognized certificate program.



**WHEN:**  
**July 13th, 2023**  
8:00am - 12:00pm

**WHERE:**  
**Prairie Hope Wellness Office**  
#3 - 102 McKendry Avenue West,  
Melfort, SK

**COST:**  
**\$50.00**  
Due at registration. In event that the minimum of 8 participants not met, refunds will be issued.

**WHO CAN REGISTER?:**  
**Anyone!**  
If you are age 16 and up and are wanting to make a difference in your community, workplace, family, school, organization, etc., you are able to participate. You will learn how to effectively play a role in connecting someone thinking about suicide to an intervention provider and help to build a safety network around intervention providers and greatly increase their reach and impact.

**HOW TO REGISTER:**  
**Contact us for a registration form:**  
E-mail [emoss@prairiehopewellness.com](mailto:emoss@prairiehopewellness.com)  
Call or text 306-920-8881  
Message us on social media  
Visit the office

Note: If you have a large group from your workplace or organization wanting to book a private training session, we would be happy to accommodate you on another date.

Please note: SafeTALK is now being offered for FREE\*

Visit  
[@prairiehopewellness.net](http://@prairiehopewellness.net)

Find us on FB & IG @Prairie  
Hope Wellness