

Topic: Suicide Prevention

While mental health issues are always hard to talk about, doing so is so important, perhaps even lifesaving. Especially around the holidays, people can succumb to the blues and even to thoughts of suicide. If this is a situation with which you or a loved one is dealing, know that help is always available by calling or texting 988 or chatting at 988lifeline.org.

Additional resources available at:

<https://www.cdc.gov/suicide/index.html>

Community Wellness & Faith Community Health Services at Carle connects you and your faith community to needed healthcare and wellness support, taking a whole-person approach to health.

To learn more about bringing healthcare and wellness resources to your faith community, call (217) 902-3160 or email FaithCommunityHealth@carle.com.



Carle Faith Community
Nursing Network