



TOGETHER WE THRIVE

Continuum Help Foundation

September 2025 Newsletter

Empowering Lives, Building Communities

Suicide Prevention Awareness



Worldwide someone dies by suicide every forty seconds; people with disabilities face three-times higher risk due to isolation and inaccessible services. Warning signs include abrupt withdrawal, gifting prized items, or a sudden serene mood after long distress. Ask directly, “Are you thinking about suicide?”—research proves the question saves lives rather than plants ideas. Post 988 everywhere; text, chat, voice, and an ASL video option run 24/7. If someone says yes, stay present, remove lethal means within reach, and call professional help.

Compassionate conversation builds the bridge from despair to safety. Remember: crisis thoughts are temporary, and with the right plan people do recover to lead fulfilling, purpose-filled lives. Share this message at support groups and workplaces.

Safety-Planning Basics



A personalized safety plan lists five pillars: warning triggers, coping skills, supportive contacts, safe places, and professional resources. Completing one increases survival odds dramatically. Download free Stanley–Brown templates in English, Spanish, and pictograms. Fill them out during calm periods, then store copies on phones, fridges, and backpacks. Refresh quarterly like a fire drill; updated plans keep numbers current and reinforce that future crises are temporary, not defining. A British Medical Journal study found that simply keeping the plan visible reduced emergency-department visits by thirty percent. Invite trusted friends to review their role so they aren’t caught off guard. Posting a laminated copy beside medication boxes or mobility aids ensures it stays within arm’s reach on the hardest days.

5-Day Safety-Plan Sprint



Big forms feel daunting, so we break them into five bites. Day 1: list personal warning signs. Day 2: add three coping tools—breathing app, upbeat playlist, tactile stone. Day 3: record supportive people with numbers. Day 4: name safe spots such as a sunny bench or quiet library corner. Day 5: note professional help lines. Optional evening emails nudge progress. By Friday you'll hold a finished plan—an evidence-based shield prepared before storms hit. Text a progress selfie of your worksheet to a buddy each night; accountability triples follow-through. Research in **Behavioral Medicine** shows bite-size tasks reduce avoidance and boost mastery confidence within one week. Small steps save lives over time.

Latinx Heritage & Mental Health



Hispanic Heritage Month celebrates culturally attuned wellness. Poet Yesenia healed generational grief through Spanish-language therapy that wove family dichos and faith imagery into sessions. Browse Therapy for Latinx to filter clinicians by language, fee scale, and specialty. The 988 Lifeline now runs a dedicated Spanish sub-line staffed by responders trained in cultural nuance. Virtual pláticas and faith-based wellness groups offer judgment-free places to process emotion. Community radio shows host weekly mental-health hours in Spanish; tune in for coping tips woven with salsa and mariachi playlists. Culture nurtures mind and spirit simultaneously, making recovery feel like coming home. Share these

resources with youth leaders planning heritage events at local schools. Forward.

Caring Through Crisis



Environment matters. Lock firearms and medications in a code safe; restricting lethal means buys critical minutes. Keep Narcan handy—many pharmacies provide it free. Practice co-regulated breathing: inhale four, exhale six together to lower heart rates. Assemble a calm kit with a weighted throw, crunchy snacks, and noise-canceling headphones. Download AFSP’s “Talk Saves Lives” family module and rehearse direct questions before panic rises. Tape calming scripts—“Hold my hand; breathe together”—on bedroom doors. Schedule weekly family check-ins to celebrate progress and adjust plans. Crisis rehearsal may feel awkward at first, but it builds

muscle memory that can override panic when seconds count. Keep practicing until responses feel automatic and confident. You’ve got this.

Resource Corner

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