

# Healing, Hope, & Help

SUICIDE  
PREVENTION  
NETWORK

May 2025



## Here's what happening ...

We want to share with you some events that will take place this month.

- "Prevention Starts Here" - Saturday, May 3, 10:00-1:00, Heritage Park
- Mental Health Monday Walk - Monday, May 19<sup>th</sup> 5:30-6:30 pm at the Seeman Ranch Park, 1059 Buckeye Road, Minden
- "Build Your Own Bouquet" event Friday, May 23 4:00-6:00 pm at the Douglas County Community and Senior Center, Gardnerville
- A new session of our "Maturing Men's Group begins Wednesday, May 14 for 8 weeks. If you are interested in the next session, contact Frank Jacobelli, MSW, LCSW at (775) 691-3482, or email to FJJLCSW@gmail.com

These events are just some of the outreach we are involved with in our mission to make a real difference in the lives of those who need it most.

Finally, we want to remind you that our non-profit relies on the kindness, generosity, and support of you ... our community members. If you are able to donate, please do not hesitate to reach out to us.

*Debbie Posnien*  
Executive Director

## NATIONAL MILITARY APPRECIATION MONTH

National Military Appreciation Month is a time to celebrate and thank the men and women who serve or have served in the U.S. military. It brings attention to the sacrifices and dedication of military members, with several key holidays sprinkled throughout, like Armed Forces Day, Military Spouse Appreciation Day, and Memorial Day. It's a chance for everyone to reflect on the important role the military plays in protecting the freedoms and values we hold dear.

During May, people across the country take part in events like community gatherings, parades, and volunteer activities to show support for both service members and their families. It's also a reminder to take a moment to appreciate the strength and resilience it takes to serve in the armed forces, as well as the challenges that military families face every day.

National Military Appreciation Month helps bring awareness to their sacrifices and makes sure they're not forgotten.

The sacrifices of our military members should never be forgotten ... they ensure our freedom!

In this newsletter  
you can find:

Ongoing Groups

Monthly Awareness  
Topics

Random Acts of  
Kindness

MAY is ...

*Mental Health  
Awareness Month*

*Women's Health  
Month*

*National Military  
Appreciation Month*



## Ongoing Groups

### **PTSD Support Group**

2nd and 4th Tuesday of the month  
6:00 - 7:30 pm at SPN office

### **Peer Support - Suicide Loss Survivor Group**

1st Thursday of the month  
11:30 am - 1:00 pm at SPN Office

### **Women to Women Support Group**

Every Thursday of the month  
6:00 - 7:30 pm at SPN Office

### **Growth Through Change**

1st and 3rd Wednesday of the month  
3:30 -4:30 pm at the Douglas County  
Community Center



## Mental Health Awareness Month

This month is all about starting conversations and breaking down the stigma around mental health. Everyone deals with ups and downs, and this month reminds us it's okay to talk about it. Mental health is as important as physical health, and taking care of your mind should never leave you feeling ashamed.

All month, you'll see people, advocacy groups and health organizations use this time to highlight common mental health conditions such as anxiety, depression, PTSD, and bipolar disorder, and provide resources for those seeking help. Social media also plays a powerful role, with people sharing personal stories to normalize mental health struggles and promote empathy and understanding. Sharing stories, tips, and resources to help others feel seen and supported is highly beneficial.

Whether it's through local events, or just honest talks with friends, make mental health part of everyday conversation. You don't need to have it all figured out—just showing up and being open can make a big difference. That might mean reaching out for support, setting boundaries, or simply taking time to rest. Small actions add up, and they can help create a world where mental health is treated with the care and respect it deserves. How are you taking care of your mental health this month?

## Women's Health Month

This month is all about encouraging women to make their health a priority. It's a time to focus on everything from checkups and screenings to mental wellness, nutrition, and exercise. It's a chance to shine a light on the unique health challenges women face and encourage women to take charge of their well-being. It's about more than just doctor's visits—it's about supporting physical, mental, and emotional health at every stage of life. From managing stress and hormones to understanding heart health and getting regular screenings, this month reminds women to check in with themselves and make their health a top priority. Whether it's simply having open conversations about mental health and self-care, Women's Health Month is about creating space for those important topics. It's a reminder that taking care of yourself isn't a luxury—it's a necessity. This month you'll see events, health tips, and awareness campaigns aimed at educating and empowering women of all ages. It's learning about heart health, understanding reproductive health, and giving women the tools and support they need to live their healthiest lives. It's a great time to schedule that doctor's appointment you've been putting off or start a new habit that supports your well-being.

## Random Acts of Kindness

A few ideas for small, thoughtful actions that can brighten someone's day.

- Pay for someone's coffee or meal anonymously.
- Leave an encouraging note for someone to find.
- Compliment someone on their smile or work or style.
- Hold the door open for someone.
- Donate clothes to a charity or shelter.
- Help someone out with a task, especially if they're elderly or have children.
- Smile through your day!
- Drop a note or card to someone you haven't seen in awhile.
- Let someone go ahead of you in a line.