

# SEPTEMBER NEWS

FROM NEWTON HHS

## Community Health Equity Survey

We want to hear from **YOU!** Take the MA Community Health Equity Survey and make your voice heard to help build a healthier community. We want Newton residents to take the survey so that the needs and priorities of the Newton community show up in the data. Survey results will be used to improve programs, make decisions about funding and resources, and support policies to improve health inequities. The survey is available in 11 languages, easy to take, and anonymous.

[Take the Survey](#)



[Scan to take survey](#)

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**Back To School**



## Join Newton-Wellesley Hospital for two family community events!

### **A Back-to-School Roadmap: Insider Tips and Tricks for Helping Kids Thrive**

Wednesday, September 20th; 7:00 – 8:00 p.m., Virtual

Featuring Liz Booma, MD, Chief, NWH Child and Adolescent Psychiatry and Tai Katzenstein, Ph. D., Director of Parents Program, Child and Adolescent Psychiatry, NWH

*Hosted by the NWH Resilience Council*

Click [HERE](#) to register!

### **Raising Connected, Capable, and Compassionate Adolescents**

Join us for a special evening with Lisa Damour, PhD, clinical psychologist and acclaimed author of multiple *New York Times* best-selling books, including her most recent, *The Emotional Lives of Teenagers*.

Wednesday, October 18, 2023

7-8:30 p.m.

Natick High School Auditorium, 15 West Street, Natick

*Co-hosted by SPARK Kindness and the NWH Resilience Council*

Click [HERE](#) to register!

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## September is National Suicide Prevention Month

September is National Suicide Prevention Month. All month, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness. For more information regarding National Suicide Prevention month click [HERE](#) to visit our website.

If you or someone you know needs support now,  
call or text **988** or chat [988lifeline.org](https://www.988lifeline.org).

[Learn More](#)

# It's Okay to Talk About **SUICIDE**

Thoughts of suicide can be frightening. But by reaching out for help or checking in with friends and family, we can avoid devastating outcomes.

Suicide is **NOT** the answer.

**Suicide is a leading cause of death in the U.S.:**

**2<sup>nd</sup>**

Among people aged 10-14

**3<sup>rd</sup>**

Among people aged 15-24

**12<sup>th</sup>**

Overall

**Among those who die by suicide:**

**46%**

Have a diagnosed mental health condition

**90%**

Have experienced symptoms of a mental health condition

If you start thinking about suicide, seek help. Call or text a crisis line or a trusted friend.



Make an appointment with a health care professional to talk about what you're thinking or how you're feeling.



Suicidal thoughts are a symptom, just like any other — they can be treated, and they can improve over time.



## HIGH RISK POPULATIONS

79% of all people who die by suicide are male



**4x**

Lesbian, gay and bisexual youth are four times more likely to attempt suicide than straight youth

Transgender people are 9 times more likely to attempt suicide at some point in their lifetime than the general population.

**9x**




If you or someone you know is struggling or in crisis, help is available. Call or text **988** or chat [988lifeline.org](https://www.988lifeline.org) to reach the 988 Suicide & Crisis Lifeline.

Data from CDC, NIMH and other select sources. Find citations for this resource at [nami.org/mistats](https://nami.org/mistats)

 NAMI HelpLine  
800-950-NAMI (6264)

 NAMI

 NAMICommunicate

 NAMICommunicate

 [www.nami.org](https://www.nami.org)

 **NAMI**  
National Alliance on Mental Illness

## September is National Recovery Month

National Recovery Month emphasizes that recovery is possible for everyone. Treatment can save a life and can help people with substance use disorders recover from addiction's powerful effects on their brain and behavior. Treatment and recovery make it possible for individuals, families, and communities to heal and thrive. For more information regarding National Recovery month click [HERE](#) to visit our website.

[Learn About Recovery Month](#)





Click [HERE](#) for more information about substance use prevention, harm reduction, treatment and recovery, and learn more about the Newton Coalition for Community Wellness, a new coalition addressing substance use with care, compassion and connection.

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## Flu Clinics



Newton Health & Human Services

# COMMUNITY FLU CLINICS

City Hall War Memorial  
1000 Commonwealth Ave

**Tuesday October 17** from  
5:00 pm to 7:00 pm

**Monday October 23** from  
4:00pm to 6:00pm

RSVP by scanning this QR code



## Senior Clinics

City Hall War Memorial  
1000 Commonwealth Ave

**Friday October 6 and 13**  
from 10:00 am to 12:00 pm

RSVP by scanning this QR code



**Appointments Preferred**  
**Walk-ins Welcome**  
**Insurance Requested but Not Required**  
**Questions? Contact Newton HHS at**  
**617-796-1420 or email**  
**health@newtonma.gov**

Regular & high-dose (65+) available.  
Please wear clothing that allows easy access  
to your upper arm.

[www.newtonma.gov/flu](http://www.newtonma.gov/flu)



Register for 10/17 & 10/23 clinics

Register for Senior Clinics

## COVID-19 Vaccine

The CDC released their [recommendation](#) on Tuesday for updated COVID-19 Vaccine for the Fall/Winter Virus Season.

CDC recommends everyone 6 months and older get an updated COVID-19 vaccine to protect against the potentially serious outcomes of COVID-19 illness. Receiving an updated COVID-19 vaccine can restore protection and provide enhanced protection against the variants currently responsible for most infections and hospitalizations in the United States.

Newton Health & Human Services is once again partnering with the Holtzman

Medical Group to offer the updated COVID-19 vaccine for anyone 6 months and older. Stay tuned for more details.

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## Mosquitoes

It's that time of year when the bugs are out and biting. It's important to take precautions against bites that can cause illness. Mosquitoes in our area, including Newton, have recently tested positive for West Nile Virus (WNV). The WNV risk level for Newton is Moderate. The risk level in Newton for Eastern Equine Encephalitis (EEE), another mosquito borne illness, is currently listed as remote. You can monitor Newton's mosquito-borne disease risk level and the risk level in other Massachusetts communities [here](#). Here are some simple steps to protect yourself and your family from bites and the illnesses they can cause:

- Use an EPA-registered insect repellent when outdoors.
- Avoid scheduling outdoor activities from dusk to dawn during peak mosquito activity.
- Remove standing water around your residence since mosquitos can breed in even small amounts of water.
- Find more information from the Massachusetts Department of Public Health on mosquitoes and mosquito-borne diseases [here](#).

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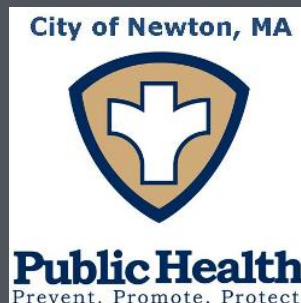
## Are You Following Us on Social Media?

Keep up with the latest from HHS! Follow us @NewtonHealth on Facebook, Twitter, and Instagram, below:



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[health@newtonma.gov](mailto:health@newtonma.gov)  
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City of Newton | 1000 Commonwealth Avenue, Newton, MA 02459

[Unsubscribe jmulvey@newtonma.gov](mailto:jmulvey@newtonma.gov)

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