



September is National Suicide Prevention Month



September is National Suicide Prevention Month. We can all take action in an effort to prevent suicide. If you think someone is struggling, trust your gut. Be the one to ask and listen.

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

[Learn More](#)

Here are 5 steps to communicate with someone who may be suicidal:

- **Ask - "Are you thinking about suicide?"**
 - Asking in this direct, unbiased manner can open the door for effective dialogue about their emotional pain can allow everyone involved to see what next steps need to be taken. Make sure you take their answers seriously and not to ignore them, especially if they indicate they are experiencing thoughts of suicide.
- **Be There**
 - This could mean being physically present for someone, speaking with them on the phone when you can, or any other way that shows support for the person at risk.
- **Keep Them Safe**
 - It's important to find out a few things to establish immediate safety, like if they have a specific plan and if they have access to ways to kill themselves. The Lifeline can always act as a resource during these moments as well if you aren't entirely sure what to do next.

- **Help Them Connect**

- Helping someone with thoughts of suicide connect with ongoing supports (like the 988 Lifeline) can help them establish a safety net for those moments they find themselves in a crisis. [Find resources here.](#)

- **Follow Up**

- Leave a message, send a text, or give them a call. Check in to see if there is more you can do to help or if there are things you've said you would do and haven't yet had the chance to get done for them.

Flu Clinics

City of Newton, MA
**Newton Health & Human Services**
Public Health
Prevent. Promote. Protect.

COMMUNITY FLU CLINICS

Senior Clinic
City Hall War Memorial
1000 Commonwealth Ave
Friday October 7 from
10:00 am to 12:00 pm

City Hall War Memorial
1000 Commonwealth Ave
Tues day October 18 from
4:00 pm to 6:00 pm

Register by clicking [HERE](#)

Walk-Ins Welcome

Insurance Info Requested But Not Required

High dose & regular dose available. Please wear clothing that allows easy access to your upper arm.

www.newtonma.gov/flu



Register

Congratulations to 2022 Summer Interns!



This summer the City of Newton, in partnership with MassHire Metro South/West Workforce Board, engaged 20 young people from Newton (14-18 years of age) in internship experiences with local businesses, non-profits and municipal departments for the months of July & August. Interns worked 20 plus hours per week with their employer, as well as attended weekly professional development workshops, led by Youth Services, that focused on soft skills, post-secondary preparedness, and career exploration. The interns did an excellent job!

We would like to thank our employer partners; The New Art Center, Newton Food Pantry, Green Newton, Newton Free Library, Newton Wellesley Hospital, City of Newton Planning Department, City of Newton Engineering Department, Newton Community Development Foundation, Sandwich Works, Newton Housing Authority, Winter Properties, Grad Bag, Welcome Home, and ThreadED for partnering with us to provide these internship positions.



Photos:

Top: Intern Celebration

*Bottom: Interns of Planning Department
with staff*

[Visit the Youth Services Page](#)

COVID-19 Boosters

On September 1, 2022, the CDC issued [new recommendations](#) for COVID-19 boosters, after the FDA authorized [updated booster formulas](#) from both Pfizer and Moderna. These new boosters contain a bivalent formula that both boosts immunity against the original coronavirus strain and also protects against the newer Omicron variants that account for most of the current cases.

Who should get the new booster?

Everyone age 12 and older is eligible for an updated booster dose at least two (2) months after their last COVID-19 vaccine, either since their last booster dose, or since completing their primary series. Pfizer's updated booster shot is recommended for individuals 12 and older, and Moderna's updated booster shot is recommended for adults 18 and older.

You can get either the Pfizer or Moderna updated booster regardless of whether your primary series or most recent dose was with Pfizer, Moderna, Novavax, or the Johnson & Johnson vaccine. If you have questions about which brand is right for you, reach out to your healthcare provider.

Need to find out when you had your last booster or provide proof of vaccination? Request, view, and print your vaccination records and your COVID-19 card from the official Massachusetts Immunization Information System (MIIS) at myvaxrecords.mass.gov.

Why do I need a booster?

Staying up to date on vaccines, including boosters, is the most effective way to prevent serious illness, hospitalization, and death from COVID-19. While vaccine protection decreases over time, boosters re-stimulate the immune system and increase vaccine effectiveness. Boosters are an important defense, even if you've already had COVID.

Where can I get vaccinated?

You can [get a booster](#) at many locations in Newton and across the state, including where you received previous vaccines. Locations include doctor's offices, hospitals, pharmacies, and statewide vaccination sites.

Newton Health & Human Services is partnering with the Holtzman Medical Group to offer Pfizer and Moderna COVID-19 vaccine booster clinics for ages 12+. Information about booster clinic dates and how to sign up will be online at <https://www.holtzmanmedical.org/covid19>.

Additional dates have just been announced:

- Monday October 17 from 3:00 pm – 6:30 pm
- Thursday October 20 from 3:00 pm – 6:30 pm

Where can I get more information?

Visit www.mass.gov/covidbooster for more information and answers to [frequently asked questions](#). COVID-19 vaccine and booster information is also available on the CDC's webpage [here](#).

September is Recovery Month

Recovery is for EVERYONE. Every Person. Every Family. Every Community.

[Learn About Recovery Month](#)

[Event Details](#)

NATIONAL RECOVERY MONTH



Every Person.
Every Family.
Every Community.

If you, or someone you know, needs help to stop using substances, call SAMHSA's National Helpline at 1-800-662-4357

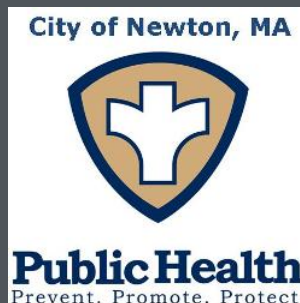
September 2022 #RecoveryMonth

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
(617) 796-1420



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