Oregon Behavioral Health Support Program

Member Newsletter

Issue 14: Fall 2024



National Recovery Month



September is National Recovery Month. It is a time to recognize the hard work and support that recovery takes.

According to SAMHSA, two in three adults who have ever had a mental health problem considered themselves to be recovering or in recovery.

SAMHSA focuses on four major dimensions of recovery[1]:

Health

Home

Purpose

Community

[1] https://www.samhsa.gov/find-help/recovery

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Comagine Health

Suicide Awareness Month

According to Centers for Disease Control and Prevention (CDC), over 49,000 Americans died by suicide in 2023. Among adults ages 25 to 34, suicide was the third leading cause of death. The highest rates of suicide in the U.S. are among American Indian/Alaskan Natives, followed by non-Hispanic white people.

September is suicide awareness month and a time to remind us that help is out there. If you or someone you know is having thoughts of suicide, call or text 988 to talk to a crisis counselor. And reach out to your own mental health provider when you need help.



Sources:

CDC: http://q-r.to/bfO4Mi

NAMI: http://q-r.to/bfO4Qb



Fall Health Reminders

Time for Flu and COVID Shots

It's that time of year again. Fall is flu and COVID shot season, and the new vaccinations will be available soon. Flu and COVID-19 can both be serious, especially for those with underlying conditions. October is a great time for those shots so you will be protected throughout the flu season. But any time is a good time to protect your health. Talk to your provider about getting these vaccinations.

CDC also recommends adults aged 60 and over with certain risk factors get the RSV vaccine. These risk factors include lung disease, heart disease or living in a nursing home.

Sources:

CDC: http://q-r.to/bfO4V4

http://q-r.to/bfO4XP

Seasonal Changes

As the days get shorter, it's important to recognize the impact that can have on some people's moods. Try to get natural light when you can. If you can't get enough sunlight, talk your provider about Vitamin D supplements. Indoor therapy lights are helpful during the darkest months of November-January.

Talk to your provider if you feel like the darkness is getting you down.

Self-Care

Remember to take care of yourself and do things that help you relax and recharge. That could be listening to music, reading a book or talking to friends. It can look different for everyone, but the positive effects on our health are the same.



We Want to Hear from You

If you would like to be featured in the newsletter, please talk to your Comagine Health care manager or care coordinator. We welcome your suggestions for this newsletter.

Send your ideas to ORBHSupport@comagine.org

We're Here for You

We're here to support you. Please contact us with any questions or concerns.

- Call us at 888-416-3184
- If you use TTY/TDD, you can call us by dialing 711 and then our phone number: 888-416-3184
- Send an email to: ORBHSupport@comagine.org
- Send us a message by using our contact form: http://q-r.to/bfO4mu

Translation

This newsletter is also available on our website in Spanish: https://comagine.org/resource/3207

and English: https://comagine.org/resource/3206

If you would like a copy in another language, please let us know by email us: ORBHSupport@comagine.org