

“The gift of food to the hungry is the noblest of all gifts” - Sathya Sai Baba

Royal Throne September 2022



SEPTEMBER IS SUICIDE PREVENTION AWARENESS MONTH

KNOW THE 12 SUICIDE WARNING SIGNS

- FEELING LIKE A BURDEN
- BEING ISOLATED
- INCREASED ANXIETY
- FEELING TRAPPED OR IN UNBEARABLE PAIN
- INCREASED SUBSTANCE USE
- LOOKING FOR A WAY TO ACCESS LETHAL MEANS
- INCREASED ANGER OR RAGE
- EXTREME MOOD SWINGS
- EXPRESSING HOPELESSNESS
- SLEEPING TOO LITTLE OR TOO MUCH
- TALKING OR POSTING ABOUT WANTING TO DIE
- MAKING PLANS FOR SUICIDE

5 STEPS TO HELP SOMEONE AT RISK

1. ASK.
2. KEEP THEM SAFE.
3. BE THERE.
4. HELP THEM CONNECT.
5. FOLLOW UP.



Tips to help someone in recovery



BE SUPPORTIVE

Recovery is much easier if the immediate circle is loving and caring. Educate yourself about your loved ones recovery process and learn to be a good listener.



GIVE THEM TIME

It takes years to heal and recover. Despite the challenges, learn to be patient and give them the time they need to heal.



EXPLORE SUPPORT GROUPS

Support groups provide the required assistance from other people going through the same process. If your loved one is in recovery, you need to understand their addiction or problem and provide them the needed support.



COMMUNICATE

Act from the place of love not from fear. To protect and support your loved ones it is imperative to communicate clearly and set boundaries. Consistency is required and it is important to have healthy and honest communication with them.



YOU ARE NOT ALONE

Being with someone who's in recovery can be challenging and stressful. There are support groups for family members as well. If you're struggling with helping your loved one, reach out. Seeking help for yourself is okay.

1 in 5
kids don't have enough to eat



HUNGER IS REAL.
YOU CAN HELP.



September is HUNGER ACTION MONTH

Hold A Food Drive | Advocate | Donate | Volunteer

