

**BE THE ONE
TO SHOW
YOU CARE.**

**BE THE 1ST
THE .COM**

1-800-273-TALK

December 2019

If you see or hear signs that someone you know could be considering suicide, **BE THE ONE to reach out.** You don't have to know what to say to say something. Here are some pointers to help start the conversation.



JUST ASK

It's ok to ask, "Are you thinking about suicide?" Asking in this direct, non-judgmental manner can open the door for effective conversation.

LISTEN



Don't dismiss or judge. You don't have to offer advice. Just listen.

BE THERE



Be there physically or by phone. Don't commit to anything you're not able to accomplish. If you are unable to be with someone who has thoughts of suicide, talk with them to find others who might be able to help as well.

KEEP THEM SAFE



If they are thinking about suicide, ask if they've thought about how they would do it. Then help separate them from the situation or anything they could use to hurt themselves.

HELP THEM CONNECT



Rally support. Contact family, friends, teachers, coaches, church members and help them build a network. Share this number.
1-800-273-TALK (8255)

FOLLOW UP



Check in regularly. Continue to show you care. Have a plan in place if you can't reach them.



Not feeling like yourself?

Though breastfeeding reduces your risk for Post Partum Depression, many moms still experience “Baby Blues” or Post Partum Depression

YOU MAY FEEL EMOTIONAL AND EXPERIENCE MOOD SWINGS AFTER BABY IS BORN. THESE SHOULD BE MINOR AND GO AWAY AFTER A WEEK OR TWO.

IF YOU START TO FEEL UNLIKE YOUR NORMAL SELF, EXTREMELY SAD, OVERLY EXHAUSTED, DISINTERESTED IN THINGS YOU USED TO ENJOY, OR HAVE DANGEROUS THOUGHTS TOWARD YOURSELF OR YOUR BABY, CALL YOUR DOCTOR RIGHT AWAY.

Tell someone, ask for help, find support.
You are not alone!

Delicious & Nutritious!

Southwestern Stuffed Potatoes

4 Servings Prep 5 minutes Cook 10 minutes

Ingredients:

- 2 medium potatoes
- 1 cup canned black beans
- 3/4 cup salsa
- 1 cup corn
- 1/2 cup shredded cheese



Recipe from wichealth.org

Directions:

1. Wash prep area, your hands, and potatoes. Drain and rinse canned beans.
2. Poke each potato with a fork 2 or 3 times. Microwave on high for 5 minutes. Turn potatoes over. Microwave another 3 to 5 minutes, or until easily pierced with a fork. Set aside.
3. In a microwave safe bowl, combine beans, salsa, and corn. Microwave for 2-3 minutes, stirring occasionally, until heated through.
4. Cut potatoes in half length-wise and flatten with a fork. Divide bean mixture between the four halves. Sprinkle with cheese and serve warm.