

# Talking Tazewell

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September 2025, vol 9

The Wellness Playbook

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September is Suicide Prevention Month—a time to pause, reflect, and remind ourselves of the power of connection.

Each of us has a role to play in building communities where people feel seen, valued, and supported. Sometimes it's a simple conversation, a check-in with a friend, or sharing resources that can spark hope in someone's life.

In this edition of the Wellness Playbook, we'll share tools, stories, and local supports that encourage us to look out for one another and remind us all: no one has to face their struggles alone. Together, we can spread awareness, foster healing, and strengthen a culture of care.



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## RESOURCES TO REMEMBER

- NAMI Tri-County Connections Support Group - September 18, 2025 (Third Thursday of each month) @ ICC Peoria - Poplar Hall, Rm 127 at 7:00 pm.
- Peoria County ERS 309-671-8084
- Tazewell & Woodford County ERS 309-347-1148
- Suicide/Crisis Lifeline 988 | 800-273-TALK (8255) (Veterans press 1)



## Warning Signs

If the warning signs apply to you or someone you know, get help as soon as possible, especially if the behavior is new or has increased recently.

Warning signs can manifest in thoughts, emotions, behaviors, and even a person's appearance/demeanor.

- **Thoughts:** thoughts of revenge, belief that there is no way out, no reason for living, no sense of purpose in life.
- **Emotions:** Dramatic changes in mood, including sudden improvement following an episode of depression, hopelessness, rage, anger, anxiety, agitation.
- **Behaviors:** threatening to hurt/kill themselves, looking for ways to kill themselves, seeking access to means, withdrawing from friends/family/hobbies/society, giving away possessions, acting recklessly. increasing substance use.
- **Appearance + Wellbeing:** being unable to sleep/sleeping all the time, experiencing agitation and anxiety.

## Starting the Conversation

- **Ask directly** – “Are you thinking about suicide?”. It is not an easy question to ask, but it starts the conversation and lays the foundation for next steps to build on.
- **Listen without judgment** – ask open ended questions, let them talk. Do not make assumptions or shame their feelings. Even if it is hard for you to hear.
- **Help keep them safe** – Reduce access to lethal means. Help to create a safety plan for now or future events.
- **Help them connect with support** – whether that is a trusted person in their life, or a mental health professional.
- **Follow up** – let them know you are still there. Supportive and ongoing contact can play a critical role in suicide prevention.

## LOCAL EVENTS

Mental Health Resource Fair [September, 19, 2025 | Peoria Public Library – North Branch]

Out of the Darkness Walk [September 27, 2025 | Fon du Lac Park, East Peoria]

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HAVE AN IDEA OR TOPIC YOU WANT TO LEARN MORE ABOUT?

SEND IT OUR WAY!

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