

WSL SEPTEMBER EVENTS



September is Suicide Awareness Prevention Month. This month, WSL has planned several amazing events to bring more awareness to mental health illness and suicide prevention. We're looking forward to seeing you!

By The Wellness and Student Life (WSL) Action Committee



17th National Physician Suicide Awareness Day

- Physicians have the highest rates of suicide when compared to other professions. In recent years, the importance mental health has become more recognized, especially in light of the COVID pandemic.
- This day reminds us to offer help to our colleagues, to encourage physicians to reach out to others, and to remember those that we have lost.

20th Mental Health First Aid Training

- Learn how to provide first aid for those suffering with mental health crises.
- You will learn how to address depression and mood disorders, anxiety disorders, trauma, psychosis, and substance use disorders.
- Email Jetze Campos at jCampos@kendallcountyil.gov to reserve your spot. There are limited spots available!

21st Mental Health and Guns: What future physicians can do to address our country's firearm epidemic

5pm PST (8pm EST) on Zoom: <https://amsa.zoom.us/j/82893169472>

- Every year, nearly 24,000 people die by gun-suicide. It is crucial that future physicians address this public health crisis head on.
- Use the QR code to RSVP and join the Medical Students for Gun Safety Campaign on zoom to learn more about what you can do to help. If you have any questions email msgs.chair@amsa.org or wsl.chair@amsa.org



24th Suicide and QPR Training

2pm PST (5pm EST) on Zoom: <https://amsa.zoom.us/j/85194283730>

- Learn how to identify suicidal ideation, and how to provide help
- Question their intent for suicide, Persuade an individual to seek and accept help, and Refer them to appropriate resources
- Join the Integrative Medicine Scholars Program on zoom and learn the skills to be able to identify and help prevent Suicide.

