



S.A.F.E. Newsletter



Mental Health Matters

There are many reasons to celebrate in the month of May - May Day, Cinco de Mayo, Graduations, and Mother's Day. All of these are significant holidays, people talk about them, make plans, throw parties and celebrate. But there is one other important event in the month of May. Mental Health Awareness Month was established in 1949 to increase awareness of the importance of mental health and wellness in Americans' lives and to celebrate recovery from mental illness. Whether by sharing your story, spreading awareness, or advocating for change, every action helps break the stigma and build a more supportive world for all. This May, take action, raise your voice, and help change the conversation around mental health!

Nearly one in five adults in the US has a mental health condition. But that one person has family, friends, and others whose lives are touched by their condition, even if they don't themselves suffer from one. You might be surprised by the prevalence of mental health conditions in adults in the US:

- 48 million have an anxiety disorder
- 21 million have major depression
- 9 million have post-traumatic stress disorder
- 7 million have bipolar disorder
- 3.5 million have borderline personality disorder
- 3 million have obsessive compulsive disorder
- 1.5 million have schizophrenia

988 | SUICIDE & CRISIS
LIFELINE
24/7 CALL, TEXT, CHAT

An increasing awareness of mental health helps society work toward eliminating its stigmas, but it does much more. For instance, developing a greater understanding of mental illness can allow people to recognize those in their lives who may be dealing with anxiety, depression, or other conditions that affect their mental well-being. This could even include a self-realization of their own mental health conditions.



The hardest step for most is simply "Asking for help". This is a huge step to living your life to the fullest. Whether you are struggling yourself, or you are concerned about a loved one's mental health, help is available. If you or someone you know needs immediate mental health assistance, call, text, or chat the 988 Lifeline. 24/7 services are available in English and Spanish. For more information and resources visit Mental Health America at www.mhanational.com/may or the Arkansas Crisis Center at www.arcrisis.org.



mental health
MATTERS

On The Road Again



Solo travel can be an incredible experience! There are plenty of benefits to solo travel, like being able to explore new places at your own pace without having to wait for or catch up to travel companions. You won't be overwhelmed with everyone else's needs and schedules. Plus, you get time to yourself to enjoy beautiful scenery, peaceful meals and extra time at the landmarks or attractions that most interest you. Enjoy the trip, but keep safety top of mind. Here are six suggestions to help you feel more secure when traveling alone:

Research your destination. The more you understand where you're going, the better you can plan to stay safe. Find out if there are areas of risk. Be aware of particular risks for women, LGBTQ+, and people of specific ethnic or cultural backgrounds.

Plan your accommodations. Look into local accommodation options. Research your choices on review sites to see if travelers raise any safety issues. Booking your accommodation ahead of time is the safest option. But if you want to keep your plans flexible, shortlist safe options and choose while you're there. Never leave yourself in a position where you don't have somewhere safe to stay. Avoid sharing accommodation with strangers. Couch-surfing websites and hostels are popular ways to save money. But shared accommodation can pose a risk to solo travelers, particularly women.

Plan your transport. Plan to arrive during the day when booking your flights, if possible. It's safer and less stressful. Arrange airport transfers before you arrive. Research the safety of local public transport options and refuse drivers that approach you uninvited. Guidebooks and travel forums can also have useful advice.

Tell people where you're going. Share your plans with people you trust and avoid oversharing on social media. Provide your detailed itinerary, including accommodations, to a family member or friend and plan regular check-ins with people back home. Tell your friends and family when you may be out of contact, so they don't worry.



Protect your finances. Bring only what you need when you venture out. When traveling, use a combination of secure payment methods, notify your bank, and be cautious about your spending habits. Consider carrying a small amount of cash for smaller purchases and using ATMs within banks or well-lit areas. Keep a backup payment card separate from your main wallet and enable card security features.

Be aware of your surroundings. Use common sense, stay aware of your surroundings, and be mindful of alcohol and drug consumption. Pay attention to those around you when you are walking, hiking, or driving. Plan ahead to avoid risky situations, such as rush hour traffic or leaving yourself vulnerable in crowded areas. If you feel uncomfortable, walk into a public place like a restaurant or catch up with a large group of people. If someone asks if you are traveling alone, say you are on your way to meet a spouse, relative or friend.

Travel solo

Then one day, when you least expect it, the great adventure finds you...

Memorial Day

MONDAY MAY 26



Memorial Day Word Search

R E M S A L U T E S F L A G P
O E L A M A F R E E D O M E A
B A S A C R I F I C E I E M R
E L E P E M A Y C R A T R I A
T T U M E M O R I A L E I L D
H Y R E U C H E R O E S C I E
O U O N S A T E H I N G A T S
C M E R W H I S O H S U S A H
R E M E M B R A N C E R W R O
E C M D A L F E O D R E H Y L
S T H E R O S A R A V T I E I
O R I A T E M E L Y I T T M D
S O L D I E R S R L C E E I A
T O C O L E R F R E E C B A Y
I T M O N D A Y D O T N U E L



AMERICA
BLUE
CEMETERY
FALLEN
FLAG
FREEDOM
HEROES

HOLIDAY
HONOR
MAY
MEMORIAL
MILITARY
MONDAY
PARADE
RED

REMEMBRANCE
RESPECT
SACRIFICE
SALUTE
SERVICE
SOLDIERS
WHITE

