



BHS A.S.S.I.S.T. Spotlight

September 2025

Your EAP is a free and confidential service, which provides assessment and short-term counseling for a variety of mental health, substance abuse and work/life related issues. To learn more about your available benefits, contact your BHS Care Coordinator at 800.245.1150.



Suicide Prevention
Awareness Month:
Spreading Hope

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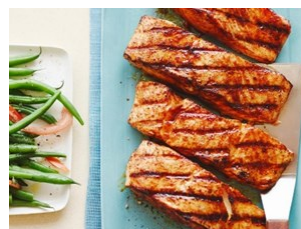
The Healing Power of
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Recipe: Salmon with Sweet &
Spicy Rub

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Suicide Prevention Awareness Month: Spreading Hope

September is Suicide Awareness Month - a time to highlight a topic that's often stigmatized and hard to discuss. This month is about shifting public perception, spreading hope and sharing vital resources with those who may be struggling. Suicidal thoughts and behaviors are more common than suicide deaths and signal deep emotional distress. These signs should never be dismissed as attention-seeking - they deserve compassion, support and timely care.

Risk Factors

Risk factors can vary based on age, gender and ethnicity, and can also shift or change over time. While certain factors may increase a person's risk for suicidal thoughts or behaviors, it's important to remember that having these risk factors does not automatically mean someone is suicidal. In fact, many people who experience these challenges never go on to attempt suicide.

These potential risk factors include but are not limited to mental health conditions like depression, anxiety or substance use disorders as well as ongoing physical health struggles such as chronic pain or a history of suicide attempts. Risk may also rise with a family history of suicide, experiences of family conflict or violence or easy access to firearms in the home. Also, exposure to suicidal behavior of others can have a powerful and lasting impact.

Warning Signs

Signs that someone may be struggling with suicidal thoughts include talking about wanting to die or making plans to end their life - such as searching online or gathering pills or weapons. They may express feelings of emptiness, hopelessness or being trapped in unbearable pain or say they feel like a burden to others. Other signs include increased use of alcohol or drugs, reckless behavior, changes in sleep, withdrawing from others, mood swings or expressions of anger or revenge. Saying goodbye to loved ones or putting affairs in order may also signal serious distress and the need for immediate support.

What Can I Do for Myself or Someone Else?

Seeking help for yourself or a friend is a sign of strength. These resources can help you get started:

- National Suicide Prevention Lifeline: call/text 988
- National Alliance on Mental Illness (NAMI) Hotline: Call 1-800-950-6264 or Text HOME to 741-741
- Substance Abuse & Mental Health Services Administration (SAMHSA): call 1-800-662-4357

If you or someone you know are struggling with issues or have had suicidal thoughts, reach out to your BHS Care Coordinator by calling 800-245-1150 to be provided with resources. BHS is available 24/7/365.



The Healing Power of Purpose and Community

Loneliness affects people of all ages and can have a real impact on health and well-being. As social creatures, we thrive when we feel part of a community, yet many people struggle to build and maintain the relationships that sustain them. In fact, many Americans report experiencing loneliness for long stretches of time, showing how common the challenge really is.

The Difference Between Isolation and Loneliness

Social isolation and loneliness are not the same, though they are closely related. Isolation describes whether people are physically present in your life, while loneliness is about feeling connected. It is possible to feel lonely even when surrounded by others, which can make the experience more difficult to understand and address.

The Health Impact of Loneliness

Loneliness not only feels painful but can also harm physical health. It raises the risk of heart disease, high blood pressure, Alzheimer's disease and even early death for older adults. Some of this risk may come from behaviors like skipping doctor visits or lacking encouragement to eat well and exercise, but research also shows loneliness can directly affect the body by weakening the immune system and driving inflammation linked to chronic disease.

Loneliness Across Generations

Although often associated with aging, loneliness affects every stage of life. Recent surveys show younger Americans report higher rates of loneliness than older adults, possibly due to the way social media changes how people connect and interact. Regardless of age, many people still struggle to talk about loneliness because it can feel like a personal flaw, even though it is something nearly everyone experiences at some point.

Finding Purpose and Building Community

The good news is that loneliness can be reduced. Helping others through caregiving or volunteering often eases feelings of disconnection and creates meaningful bonds. Having a sense of purpose in life is also linked to stronger health and greater connection, as working toward a meaningful goal usually requires cooperation with others. Simple steps like getting involved in your community, volunteering at a school or shelter, or offering support to neighbors can make a big difference in both your own life and the lives of others.

BHS provides referrals to qualified mental health professionals that can help. To speak to your designated Care Coordinator about your benefits and options for support call BHS at 800-245-1150.



The Heart of Family Connection

Families today are busier than ever, so it takes an extra effort to show your spouse, children, parents and other loved ones how important they are. A simple reminder, a small action or a little extra attention can strengthen those bonds .

Creating Everyday Moments

Listening carefully, praising your children, cooking together or writing thoughtful notes around may seem like small things, but they go a long way. These ordinary moments often turn into the memories your family treasures most.

Special Time Together

Set aside one-on-one time with your children and plan dates with your spouse, just as you did when you were dating. Even a short walk after dark or a surprise car ride can spark conversations and build lasting connections.

Shared Traditions

Family movie nights, board games or watching the sunrise together create traditions. These activities don't have to be elaborate or expensive—they remind your family that time together matters. Over time, these rituals become anchors that bring comfort and stability, even during stressful seasons. They show your loved ones that being together is a priority, no matter how busy life gets.

The Gift of Connection

As children grow, the best gift you can give them is your time and attention. Hugs, laughter and shared experiences build memories that will stay with them for a lifetime, keeping your family strong and connected. When kids feel seen and valued, they carry that sense of security with them as they grow. The love you invest today creates a foundation your family can rely on for years to come.

RECIPE: Salmon with Sweet & Spicy Rub • 10 Minute Prep Time • 7 Minute Cook Time

Ingredients 2 tbsp packed brown sugar • 1 tbsp chili powder • 1 tsp cumin • 1/8 tsp salt • 1/8 tsp freshly ground black pepper • 6 (6-oz) salmon fillets, skin and pin bones removed • 1 tbsp olive oil

Instructions Coat grill or pan with cooking spray and preheat to medium heat. • mix brown sugar, chili powder, cumin, salt, and pepper • Brush salmon fillets with oil, rub with the spice mixture • Grill salmon flesh side down for 4-5 minutes until charred. Flip and cook for 5-6 more minutes for medium doneness, or 1-2 extra minutes for well done. Remove and serve immediately.

