

**September  
2026**

Dana:

507-330-5682

Lynda:

507-330-2171



*Horizon Homes, Inc.*

Mobile Crisis Services

South Central Crisis  
Center

**Call: Crisis Services,  
at 877-399-3040**

## Friendship House Voice



*The Friendship House no longer has a landline call  
Dana's or Lynda's cell*



### Suicide Prevention Month –

Each September, NAMI recognizes Suicide Prevention Month as a time to raise awareness, spread hope, and spark meaningful action around one of the most urgent mental health issues of our time.

Our goal is to ensure that individuals, friends, and families have access to the tools, resources, and support they need to talk openly about suicide prevention, recognize warning signs, and seek help.

This month: Start a Conversation. Be the Difference.

(cont.)  
CON



**Top:**

**Family Feud with Freeborn  
County**

**Left:**

**MoonDogs Game**

Dr. Rick Hanson has spent decades gathering research, information, practices, and other resources to help people just like you turn everyday experiences into a powerful sense of *lasting well-being that stays with you even amidst life's many challenges.*



## *The Practice:*

Feel the support.

## *Why?*

We're all carrying a load, including tasks, challenges, worries, inner criticism, mistreatment from others, physical and emotional pain, loss and illness now or later, and everyday stresses and frustrations.

Take a moment to get a sense of your own load. It's very real, isn't it? Recognizing it is just honesty and self-compassion, not exaggeration or self-pity.

There's a fundamental model in the health sciences that how you feel and function is based on just three factors: your load, the personal vulnerabilities it wears upon – such as health problems, a sensitive temperament, or a history of trauma – and the resources you have. As a law of nature, if your load or vulnerabilities increase – over a day, a year, or a lifetime – so must your resources. Otherwise, inevitably, you will get strained, depleted, and ground down. I've had times like this myself, and I've seen it in loved ones.

Outer resources are things like friends, health insurance, and a well-stocked refrigerator; inner resources include fortitude, positive emotions, and a kind heart. Do what you can to increase your outer resources, though many people have sadly few options there, such as the 2 million or so children in America who are homeless every year, or those that are limited by the structures built upon systemic racism. Meanwhile, you can grow your inner resources by taking in the good to build up inner strengths – including the felt sense of support.

The more you feel supported by the people who care about you, by the natural world, and by your own capabilities, the better you'll feel. Plus your load won't seem so heavy, and you'll be more able to carry it. There's also the matter of justice: if the support is real and is there for you, it is only fair for you to feel it. And the more supported you feel, the more supportive you'll be toward others.

## *How?*

In the practices that follow just below, you are not overlooking the ways that you are not actually supported. You are just focusing on that part of the whole truth that is the support that truly does exist for you. In particular, you are trying to help this recognition become an experience, a feeling of being supported, which might be subtle, but could still have a sense of ease, relief, calming, or happiness in it.

Try to make feeling supported a regular part of your day. For example, yesterday I went out for a walk and took a few seconds here and there to feel supported by my legs, the air I was breathing, the rock and roll mix in my earbuds, the technology that brought me this music, and the chance to watch some Netflix with my wife when I got back home.

Start with something that is literally solid and concrete. Sitting, standing, or walking, become aware of how your bones are holding you up. Shift your posture until there is a clear sense of being firmly supported. There could also be a sense of uprightness, dignity, or strength. Really register this whole experience of very physical support.

Also, be aware of seeing, hearing, tasting, touching, and smelling. Pick a sense and notice how it keeps working for you, probably without any effort on your part.

Know what it is like to support someone in your life: things don't have to be perfect between you, but you still wish this person well and are basically on his or her side. Then bring to mind someone who you know cares about you. Also touch on others who wish you well, like you, or are rooting for you in some way. Soften and open to get a sense of this support; just like it would be OK for another person to feel your support, it is alright for you to feel the support of others.

Problem-solving or worrying – like thinking about how to pay the bills or nudge a relationship back to a better place – is necessary for coping, but it puts a natural focus on what's not supportive. So stop problem-solving for at least a while every day. Even consider a whole day of rest! If your mind goes back to chewing on the worry bone, that's natural. Just notice it and then guide your mind to where you do feel supported, even in the simple pleasure of a glass of water or a cookie.

When you are doing problem-solving or worrying, try to be aware of what is supportive, such as your own capabilities or the caring of others. For example, if you are grappling with a health problem, you could keep bringing to mind the sense of vitality in other parts of your body, or your determination to do whatever you can to deal with this issue, or the concern and kindness from your friends and family.

Try to feel the support that is coming to you . . . from yourself. You can know deep down that you are on your own side, that your benevolence and advocacy extend to yourself as well as to other beings.

Explore other sources of support, such as the sense of being nourished by the natural world, held by the earth, at peace in awareness itself, and if it's meaningful to you, cradled in something spiritual.

This practice is down-to-earth and always available to you in one way or another.

And it can become something quite profound. Imagine going through much of your day with an ongoing feeling of being supported. Whew. What a relief!

# About Suicide Prevention Month

## **Start a Conversation. Be the Difference.**

Each September, NAMI recognizes Suicide Prevention Month as a time to raise awareness, spread hope, and spark meaningful action around one of the most urgent mental health issues of our time.

Suicidal thoughts, like mental health conditions, can affect anyone, regardless of age, gender, or background. While they may be common, they should never be seen as normal. More often than not, they signal deep emotional pain or an underlying mental health concern that deserves understanding, care, and professional support.

Yet, suicide is still too often met with silence, stigma, or shame. At NAMI, we believe that silence should never be the response to someone's pain. That's why we're working tirelessly to change that. Our goal is to ensure that individuals, friends, and families have access to the tools, resources, and support they need to talk openly about suicide, recognize warning signs, and seek help without fear or shame.

## **This September: Start a Conversation. Be the Difference.**

With one conversation, asking someone how they're really doing — and being ready to truly listen — can save lives. Because here's what we know: No one has to face this alone. Help exists. Healing is possible. And all it can take is for one person to start a conversation.



## Warning Signs

Here are a few other warning signs of suicide:

- Increased alcohol and drug use
- Aggressive behavior
- Withdrawal from friends, family and community
- Dramatic mood swings
- Impulsive or reckless behavior

Suicidal behaviors are a psychiatric emergency. If you or a loved one starts to take any of these steps, seek immediate help from a health care provider or call 988 to reach the Suicide & Crisis Lifeline:

- Collecting and saving pills or buying a weapon
- Giving away possessions
- Tying up loose ends, like organizing personal papers or paying off debts
- Saying goodbye to friends and family

## Support In A Crisis

- If you are unsure, a [licensed mental health professional](#) can help assess.
- There are a few ways to approach a suicide-related crisis:
- Talk openly and honestly. Don't be afraid to ask questions like: "Do you have a plan for how you would kill yourself?"
- Remove means such as guns, knives or stockpiled pills
- Calmly ask simple and direct questions, like "Can I help you call your psychiatrist?"
- If there are multiple people around, have one person speak at a time
- Express support and concern
- Don't argue, threaten or raise your voice
- Don't debate whether suicide is right or wrong
- If you're nervous, try not to fidget or pace
- Be patient
- 

*Like any other health emergency, it's important to address a mental health crisis like suicide quickly and effectively.*

## SEPTEMBER ACTIVITIES

### **Ongoing Activities:**

|                                 |               |
|---------------------------------|---------------|
| Clubhouse Breakfast on Sunday's | Ceramics      |
| Board, Bingo and Meal           | Walking Group |
| LAC and Meal (Quarterly)        | Men's Group   |
| Women's Group                   |               |

### **Volunteering Activities:**

|                |                 |                        |
|----------------|-----------------|------------------------|
| Furball        | Meals on Wheels | St. Vincent Food Shelf |
| CAC Food Shelf | Adopt a Trail   | FARMERS MARKET!        |
| Community Café | Paradise Center |                        |

### **New Activities:**

Decorate Social Services window (inside) for Suicide Awareness Month

Karaoke in Freeborn County

Arts in the Park (Central Park in Faribault)

Trumps Orchard

Canning Group

10 County—U of M arboretum trip

Clubhouse Cleaning and Pizza

Nerstrand Meat Market & Picnic

★HAPPY★  
BIRTHDAY!

SEPTEMBER BIRTHDAYS

Bev G.

Rochelle D.

Donna S.



# SEPTEMBER WORD SEARCH

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

Acorn  
Apples  
Autumn  
Backpack  
Classroom  
Friends

Football  
Harvest  
Homework  
Labor Day  
Leaves  
School

Orchard  
Pears  
Pencil  
September  
Squirrels  
Sunflower





World Barber Day



Elephant Appreciation Day

★ **LABOR DAY** ★★☆☆



Orange Shirt Day

International Chocolate Day



National Pepperoni Pizza Day



Library Card Sign-Up Month



National Talk Like a Pirate Day

National Chocolate Milk Day



# September HOLIDAYS

Rice Krispies Treats Day



National Fox Day



International Day of Sign Languages

National Grandparents' Day

National Caterpillar Day



National Coloring Day



National Chewing Gum Day



National Tailgating Day

National Play-Doh Day



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