

Townhaller

DONATE TO TOWNHALL II

Inside this Issue:

Warning Signs of Suicide • P2

Happenings of the Month • P3

September Events • P3

Employee Spotlight • P4

Staff Shout Outs and Anniversaries • P4



“They can’t rescue you if they don’t know you need it. Ask for help to fight another day.”

-Unknown-



Suicide Prevention Month

September is National Suicide Prevention Month. Throughout the entire year, suicide prevention is an important conversation to have, but this month is a great time to start that discussion. It can be uncomfortable to ask family or friends if they are having thoughts of suicide when you suspect they are, but don't let those important questions go unanswered. Check out a helpful guide from SAMHSA for family and friends of suicidal individuals [here](#).

If you or a loved one is having thoughts of suicide, please call 988 or our helpline directly at 330-678-4357. We are available 24/7/365 and would be happy to talk with you and process these feelings!

Warning Signs of Suicide



Often times, people can be very quiet or secretive about the emotional pain they are feeling. Since every person is different, warning signs can look different for every person experiencing suicidal thoughts. Certain circumstances can increase suicide risk as well, such as untreated substance use or mental health concerns, hopelessness, or a change or loss in the individual's life. If you see these warning signs, reach out to your loved one and ask how they are doing. We can all help to reduce the stigma that suicide has attached to it, and help protect our family and friends in the process. Many of the warning signs below are from the SAMHSA website, which you can check out [here](#).

Warning Signs for Adults

- Talking about suicide.
- Making plans regarding suicide.
- Giving away possessions.
- Feelings of hopelessness.
- Extreme mood swings.
- Isolating themselves.
- No longer doing things they used to love.
- Talking about being a burden.
- Mentioning feeling trapped.
- Increased substance use.
- Impulsive or reckless behaviors.
- Making violent statements towards others.

Warning Signs for Teens

- Talking about wanting to die.
- Making jokes about suicide.
- Expressing hopelessness about the future.
- Displaying intense emotional distress.
- Giving up on things that they once excelled at and loved.
- Withdrawing from social situations.
- Distancing themselves from friends.
- Changes in sleep.
- Anger towards family members that seems out of character.
- Increased agitation or irritability.

HAPPENINGS OF THE MONTH

2ND

★ LABOR ★ DAY ★



6TH

National Food Bank Day

Food banks are a great community resource that give food free of charge to those dealing with food insecurity. If you are in need of food, please check out a local food pantry. Click [here](#) to find a list of them that The Portager published in 2023.

If you need help locating a food bank near you, please contact our 24/7 Helpline at 330-678-4357!

6TH

National Read a Book Day

Fun Facts:

- The bestselling author of all time is a tie between Agatha Christie and William Shakespeare.
- Reading has been found to reduce stress up to 68%!
- Fahrenheit 451 by Ray Bradbury was named after the temperature that paper burns at.
- In the US, the average person reads around 12 books each year.



September Events

For more information, contact us at 330-678-3006 or email us at info@townhall2.com.



- **Donut Drop In**
 - Wednesdays from 8:30AM-10:30AM.
 - 155 N. Water Street, Kent, OH 44240.
- **Mothers in Recovery**
 - September 2nd, 16th, & 30th from 6PM-7:30PM.
 - 520 N. Chestnut Street, Ravenna, OH 44266.

Employee Spotlight

Chip Lagore

Start Date: March 2nd, 2023

Current Title: Facilities Manager/ Project Manager

Previous Job Titles at Townhall II: None.

Background: Chip was a fireman for six years, and the Operations Manager of an electronics recycling company for 19 years.

Fun fact about Chip: "I buy, sell, and hunt for old cars and odd vintage items and resell with my wife on Ebay and Facebook Marketplace."

Chip's Favorite Quote: "It's all about the numbers."

Staff Shout Out!

Kudos to Fred! Fred comes in every day with a smile. No matter what he has going on, he always has an inviting demeanor. Fred works hard at all the tasks he is asked to do, and puts a lot of thought and effort into everything he works on. His approach to everything he does is greatly appreciated. Thank you, Fred!

-Stephanie P.

Staff Anniversaries



4 Years:

Chris Leonard

5 Years:

Kristen Green

6 Years:

Sarah Gehring



www.townhall2.com



[@TH2kent](https://www.facebook.com/TH2kent)



[Townhall II](https://www.linkedin.com/company/Townhall II)



[@townhall2_kentohio](https://www.instagram.com/@townhall2_kentohio)