






FAIRFAX - FALLS CHURCH
Community Services Board

OCTOBER

*A time to OBSERVE, be OPEN-MINDED,
 Look at OPTIONS and OPPORTUNITY, and
 be OPEN-HEARTED.*

Wellness, Health Promotion, and Prevention

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div style="border: 1px solid black; padding: 5px; background-color: #f9cb9c;"> Please remember to physically distance yourself by at least 6 feet when around others in the community and wear a face covering mask. Stay Safe. </div>			1 <u>Learn about Mental Health First Aid and register for a class</u>	2 <u>Visit the CSB website for resources</u>	3 Test your mood, go to: bit.ly/TestYourMood
4 Mental Illness Awareness Week	5 Make a list of things you can do for Self-Care	6 <u>Download the myStrength app. Click on 'Sign Up Now', and enter access code 'CSBCommunity'</u>	7 <u>Inventory medications in your home and secure them in a locking medication box</u>	8 National Depression Screening Day	9 <u>Learn how to dispose of medication safely</u>	10 World Mental Health Day
11 Learn about NAMI, visit: www.nami.org	12 <u>Pick up a medication disposal bag at your local Health Department</u>	13 Self check-in: Are you practicing self-care?	14 <u>Contact the CSB Prevention Team for information about trainings you can take</u>	15 <u>Pick up a gun lock at your Community Services Board office or Police Station</u>	16 <u>Learn about the Adverse Childhood Experiences (ACE) Presentation</u>	17 <u>Share the myStrength app with a friend or family member. Click on 'Sign Up Now', and enter access code 'CSBCommunity'</u>
18 <u>Register for an online REVIVE! training</u>	19 Practice self-care as a family or discuss it with a friend	20 <u>Listen to other's personal mental health stories</u>	21 Share your personal story	22 <u>Have you registered for a training or two? Encourage a friend to join!</u>	23 Red Ribbon Week Begins	24 <u>Fairfax County Drug Takeback Event, 10 a.m. to 2 p.m.</u>
25 <u>Learn about Red Ribbon Week</u>	26 <u>Wear a Red Ribbon, tell someone about it</u>	27 <u>Start a conversation with your children about drugs</u>	28 <u>Enter the National Red Ribbon Week Photo Contest</u>	29 <u>Post a message on social media about Red Ribbon Week</u>	30 <u>Get involved and submit a Red Ribbon theme for 2021</u>	31 Check in with your myStrength app
		<p style="text-align: center;"> If you are in crisis or need immediate help, please call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) for 24/7, free and confidential support, prevention and crisis resources for you or your loved ones, and best practices for professionals. </p>				