



September Employee Well-Being Newsletter

Suicide Prevention & Mental Health Awareness Month

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. September is Suicide Prevention Month, a time to raise awareness of this stigmatized, and often taboo, topic. We use this month to shift public perception, spread hope and share vital information to people affected by suicide. Our goal is ensuring that individuals, friends and families have access to the resources they need to discuss suicide prevention and to seek help. Please be aware of the resources we have available at SLU.



- If you or someone you know is experiencing a mental health crisis, call or text **988** immediately.
- If you are uncomfortable talking on the phone, you can chat the Suicide & Crisis Lifeline at 988lifeline.org.
- You can also text **NAMI** to **741-741** to be connected to a free, trained crisis counselor on the Crisis Text Line.
- Confidential professional counseling is provided through **CompPsych** at no cost to staff, faculty, and their families who are coping with a personal or family crisis. Call 800-859-9319 to make an appointment or visit www.guidanceresources.com for more information. To register online, please use the Company ID "slueap" and create your username and password.
- Mental Health First Aid -Mental Health First Aid (MHFA) at Saint Louis University is a skills-based training course that teaches participants about mental health

and substance-use challenges. Just as CPR helps you assist an individual having a medical emergency, Mental Health First Aid helps you assist someone experiencing a mental health challenge or crisis.

Mental Health First Aid Faculty/Staff Sessions

- [9 a.m. - 1 p.m., Friday, Oct. 4 and Friday, Oct. 11](#)
- [9 a.m. - 1 p.m., Friday, Nov. 1 and Friday, Nov. 8](#)

Well-Being Webinars

Emotional Wellness: Prioritizing Self-Care – September 5, 2024 Noon

Participants will learn how to care for themselves while dealing with everyday challenges and issues, including learning about the pillars of health that will help with self-care.

[Register Today!](#)

Disability & Neurodiversity: The Importance of Self-Care for Parents

September 10, 2024 Noon

This session covers basic wellness, time management, getting support from professionals and finding child care resources to give you needed time for rejuvenation.

[Register Today!](#)

Aging & Adult Care: Alzheimer's Disease and Dementia Care – September 18, 2024 Noon

In recognition of World Alzheimer's Month, this session will cover the signs, symptoms and stages of dementia and Alzheimer's disease, day-to-day caregiving techniques, how to communicate with a person with Alzheimer's, financial assistance and insurance and resources for caregivers. It will also cover brain health and what are the possible ways to prevent dementia and improve cognitive performance.

[Register Today!](#)



Build Stronger Teams through Emotional Intelligence-Sep 19, 2024 11:00 AM

Building strong teams is critical to organizational success and workplace satisfaction but it is sometimes easier said than done. This is not only the task of leaders but everyone who takes part in a team at the organization. In this webinar, you will learn how emotional intelligence, that is, the ability to understand and manage your emotions, as well as recognize and influence the emotions of those around you, helps us with team building.

[Register Today!](#)

Child Care & Parenting: Success in School – September 25, 2024 Noon

Learn which healthy habits are important, how to help teens deal with teachers and academics, organization, if your teen is over or under involved, dealing with peer pressure and discipline.

[Register Today!](#)

Financial Webinars

W2W: Charting your course: A financial guide for women -Sept 11, 2024 11:00 a.m.

Your money shouldn't be sitting around doing nothing—and in this session, you won't be either. Our goal is to help give you an idea of where you are, figure out where you want to be, and of course, consider how you are going to get there.

[Register Today!](#)

Attention to Detail: financial finishing touches for women Sept 17, 2024 1:00 PM

What does your financial future hold? Financial success can often complicate your life, and we'd like to help. You'll learn some ways to stay in control of the portfolio you've accumulated.

[Register Today!](#)



Write your next chapter: 5 steps to setting your retirement date Sept 25, 2024 12:00 PM

For anyone starting to think seriously about when to retire, this webinar takes you through five steps to deciding when the time is right, including estimating retirement expenses, closing any income gap and understanding key milestones that can impact your retirement finances.

[Register Today!](#)

Upcoming Events

CPR-AED Training , Department of Public Safety

Be prepared by learning how to save lives and handle emergencies by attending the CPR/AED/first-aid course. This program was created by the American Heart Association and is taught on the SLU campus by certified and experienced DPS instructors. This hands-on class is four hours long, and upon completion of the class, each participant receives a CPR certification card.

This class costs \$10 and is limited to six class participants at a time to allow for the best possible hands-on experience.

CPR/AED training will take place on the following dates.

[Register for CPR/AED Training](#)

- 4 to 8 p.m. Monday, Sept. 9
- 8 a.m. to noon Thursday, Sept. 19
- 8 a.m. to noon Wednesday, Oct. 2
- 4 to 8 p.m. Monday, Oct. 7
- 4 to 8 p.m. Monday, Nov. 4
- 8 a.m. to noon Tuesday, Nov. 5
- 4 to 8 p.m. Monday, Dec. 16
- 8 a.m. to noon Tuesday Dec. 17

[Cheryl L. Cavallo Hustle for Your Health 5K and Family Fun Walk](#)

Saturday, September 28th - 7:30-9 a.m.
SLU Medical Center Stadium

Join the Program in Physical Therapy Student Association on the Medical Center Stadium track (located by the Allied Health Building) for a friendly race to support the Cheryl Cavallo Memorial Scholarship. The scholarship supports students participating in health care-related domestic or international mission trips.



For more information please visit the Homecoming and Family Weekend [Schedule](#).

Faculty and Staff Retreat

The Division for Mission and Identity invites faculty and staff to participate in a **FREE overnight retreat** at SLU's Lay Center for Education and the Arts (<https://www.slu.edu/lay-center/index.php>), located near Louisiana, MO. Immediate family members, children included, are welcome to attend.

The retreat will begin with lunch on **Saturday, October 12** and will conclude after lunch on Sunday, October 13, and the time together will include opportunities for hiking, time around the campfire and light programming designed to build community among faculty and staff.

Contact Patrick Cousins, Director of Pastoral Formation, at patrick.cousins@slu.edu or [register](#) today.

Saint Louis Chess Club

The Saint Louis Chess Club is delighted to announce that registration for the 2024/2025 Corporate Chess League is now open! Here's your chance to team up with your co-workers and have a great time playing chess while networking in a friendly



and fun environment. If you are interested in learning more, please contact Ryan Chester at: (314) 930-6494

rchester@saintlouischessclub.org

Claver House Community Ride 2024

October 12, 2024

Come out and celebrate Claver House! Sign up for a 5- or 20-mile route. Don't want to ride? Come out and enjoy a field day and open house at Claver House. Learn about the services we offer, the volunteer and residential opportunities. For more information please visit Claver House [website](#).

[Registration](#)



Cooking Demo

Monday, October 21st at Noon Busch Student Center Room 352

Join us for a free cooking demo led by one of our own Saint Louis University dietetic interns. Join your coworkers for a lunchtime cooking demo, learn a new recipe, and nutrition education. Feel free to bring your lunch. Food samples will be provided.

Please RSVP to Rachel.donahue@slu.edu

Change Your Thinking....Change Your Life With Paul Coutinho, PhD

October 7th at Noon School of Nursing, Room 019

A transformative program that empowers participants to reevaluate their approaches, foster personal growth, and improve outcomes. By shifting mindsets, it enhances well-being, drives innovation, and inspires positive change.

Please RSVP to Rachel.donahue@slu.edu