



**“Nurturing and Empowering
Families to Help Build Stronger
Communities.”**

***Serving Flagler and Volusia
Counties***

The House Next Door From our House to Yours...

September 2023



www.thehnd.com

**Administrative Office
804 N. Woodland Blvd.
DeLand, FL 32720
(386) 734-7571**

September is Suicide Prevention Awareness Month

This month is Suicide Prevention Awareness Month. Suicide prevention begins by understanding the subject, educating yourself and others, and building a stronger community with resources needed to help anyone in a crisis. There are ways that you can spread awareness on Suicide Prevention that can help you or a loved one. But first, we must understand the signs of someone who may need help.

Warnings Signs of Suicide

There are many warning signs but some can include a display of extreme mood swings, isolation from friends and/or loved ones, sleeping too much or not enough, getting rid of important items, or making a will. Once you see any signs on change that may be concerning, have a talk with the person experiencing this change or call resources to get the help they may need.

How to Prevent Suicide

There are multiple ways that we can help prevent suicide. One of the most important things is to make sure the person knows that they have someone safe and trustworthy that they can express themselves to. That person can be a friend, a teacher, a parent, or anyone else trusted, including a professional. Spreading awareness to help educate the public along with destigmatizing the topic on suicide so that others can become more comfortable on the subject which in turn can help others open up about it.

How To Get Help

If you or someone you know is in a crisis, call or text the 3 digit help line at **988**. You can talk with a professional for the help that you need at any time. Ask them if they know of any resources in your area that could potentially benefit your situation or any other local crisis centers that can assist you. You can also call United Way at 211 for assistance to connect with community resources. We also have our WVHA department to get the insurance needed to seek help for medical needs as well. If you or someone else is in immediate danger, you should call 911 so that you or the person in danger can be seen by a professional in the moment.



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DeLand Service Site

114 S. Alabama Ave.
DeLand, FL 32724
386-738-9169

Flagler Service Site

160 Cypress Point Parkway
Suite B301/302
Palm Coast, FL 32164
386-738-9169

WVHA Office

840 Deltona Blvd. Ste. K
Deltona, FL 32725
386-232-2055

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How You Can Help

To give a secure online donation, learn about our amazon smile and scrip card programs, help fulfill our wish list, or view current volunteer or career opportunities, please visit our website at: thehnd.com

**The House Next Door
Family Foundation**

Established in 2002, governed by local leaders, committed to the preservation of family services at The House Next Door.

Be a part of ensuring a healthy future for our community. Contact Tom Robertson, Foundation President, at tomrobertsonrai@gmail.com for further information.

Suicide Prevention Awareness with our Therapy Staff

It is important to understand that there are always resources within the community that can help. Here in DeLand, The House Next Door is able to assist the community. Resources include therapy, S.A.T.P., and Alpha.



"If you know someone or you think that someone is struggling with suicidal thoughts. Don't be afraid to talk about it. Many people fear that if you ask them, that's going to put the idea in their head and they're going to want to commit suicide because you asked them. That is not true. If someone you know is struggling, ask them what they need and how you can help. Call the number **988** to get them help or to find resources, drive them to

the emergency room or call 911 if you feel its eminent. But listen, connect, be present, help."

- Diahann Suchan, Associate Clinical Director

**August 2023
Employee of the Month
Gisselle Salinas**



Our August Employee of the month has shown a great deal of initiative this new school year. With creativity, compassion and lots of energy, this employee is demonstrating our value in making a difference with our services. In her teaching, in role modeling, in the animated way she reads to her classroom, this employee exemplifies HND values with our youngest clients. Please join us in congratulating our August employee of the month, Gisselle Salinas.