

P.S. I Love You

FEBURARY 12, 2021



Mission

Our mission is to bring awareness to the importance of mental health and decrease bullying. By educating students about mental health, they will gain important skills necessary to recognize when they or others around them may need help. We will also empower students to speak freely and encourage making new friends.



How it came about

- ▶ In 2010 Brooke DiPalma of West Islip lost her father, a retired NYPD officer, to suicide. The morning of his suicide Mr. DiPalma sent his daughter off to school like he would everyday. Brooke always cherished her morning routine with her father and will never forget that he always made sure to say “I love you” as she left. To carry on his memory Brooke created this day and named it P.S. I Love You. She hopes this day will remind us of the importance of mental health, anti bullying and suicide prevention.

P.S. I love you

The day we Celebrate

February 12, 2021

- ▶ On the second Friday of every February, we celebrate with Brooke DiPalma and her family. This year the event falls on February 12th, 2021, we encourage communities to wear purple in honor of this special day. The color should foster a sense of kindness and welcoming to all those who wish to participate. With continued support from the community we will show that mental health is just as important as physical health.



Coping Mechanisms

10 THERAPIES FOR MANAGING DEPRESSION

9% of people experience a depressive episode

3% experience major depression

Women are 70% more likely to be affected



- 1. GO FOR A WALK**
Research shows that exercise is one of the best ways to manage depression
- 2. CHANGE YOUR DIET**
Eat a balanced diet, with many antioxidant-rich foods, like berries and red and orange vegetables
- 3. MEDITATE**
Just 30 minutes of daily meditation can reduce symptoms of depression and anxiety
- 4. TAKE YOUR VITAMINS**
Supplementing with folic acid, St. John's wort, and B vitamins may help treat or prevent depression
- 5. TURN OFF YOUR SCREENS**
Using computers at night is linked to arise in the risk of depression among adults
- 6. VISIT WITH FRIENDS**
From face-to-face visits to online forums, there are ways to find social support
- 7. GET SOME SUPPORT (THERAPY OR A GROUP)**
Talk therapy has proven to be as effective for treating depression for some people as medication
- 8. TALK TO YOUR DOCTOR ABOUT MEDICATION**
For more severe cases, prescription medications can be a powerful tool in the fight against depression
- 9. STAY FOCUSED**
Research shows that continuing to work during a depressive episode actually has more benefits than taking time off
- 10. TRY TO STAY HOPEFUL**
Sometimes learning, or even faking, a bit of optimism has been shown to help manage depression

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WE CHANGE LIVES HERE

Emotion-Focused Coping Skills



Exercise



Take a bath



Give yourself a pep talk



Meditate

Problem-Focused Coping Skills



Work on managing time



Ask for support



Establish healthy boundaries



Create a to-do list

verywell

Text Resource

Text us. Getting vulnerable about what is going on in your life is the ultimate sign of bravery. We're ready to be brave with you. Connecting with a real human could help you work through the sadness in the moment and strategize ways to get out of the dark place in the long term. Text HOME to 741741 to chat with a Crisis Counselor.



Additional Resources

- ▶ DASH Hot Line and Crisis Center
90 Adams Ave, Hauppauge, NY 11788 Phone: (631) 952-3333
- ▶ National Suicide Prevention Lifeline
1-800-273-TALK (8255)

Additional Resource links

- ▶ [The Mental Health Association in Suffolk County \(responsecrisiscenter.org\)](https://www.responsecrisiscenter.org/)
- ▶ [10 Easy Self Care Tips](#)