

# The Quarterly Supporter

Volume 1, Issue 3

THE QUARTERLY SUPPORTER Sept 2020

Our Quarterly Supporter Newsletter, which is specifically designed to keep you engaged and in the AABHC loop! The newsletter will inform you on a quarterly basis about resources, somatic and mental health. Our hope is that you will find great value in its content and that it will aid you in your own goals to grow and thrive.

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## About AABHC

AABHC was founded by Allen Elliott, LCSW-C, George Ayuk, MSW, and Dr. Robert Frasier, all with a mental health background and a common goal to provide support to individuals struggling with their mental health. We began providing support to Maryland communities in 2014. Since our offices opened, we have provided psychiatric rehabilitation services to hundreds of families in the Prince George's, Anne Arundel, and surrounding counties. We also now provide outpatient mental health services including therapy and medication management. The therapists in our

outpatient clinic provide A psychiatric Rehabilitation Program (PRP) that helps clients learn to cope with stressors and manage their mental health. With the added benefit of a linkage of services with our PRP program these two program work together with the client to improve their quality of life. Individual has access to the best possible treatment and care. They will work in collaboration with the

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Caption describing picture or graphic.

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# Suicide Awareness/Prevention

"Soak up the views. Take in the bad weather and the good weather. You are not the storm." Matt Haig

"Once you choose hope, anything is possible." — Christopher Reeve

September is National Suicide Awareness Month. Also known as Suicide Prevention Month, the month brings awareness to a topic not often talked about. Depression drains your energy, hope, and drive, making it difficult to take the steps that will help you to feel better. Sometimes, just thinking about the things you should do to feel better, like exercising or spending time with friends, can seem exhausting or impossible to put into action. Depression drains your energy, hope, and drive, making it difficult to take the steps that will help you to feel better. Sometimes, just thinking about the things you should do to feel better, like exercising or spending time with friends, can seem exhausting or impossible to put into action. It's the Catch-22 of depression recovery: The things that help the most are the things that are the most difficult to do. There is a big difference, however, between something that's difficult and something that's impossible. While recovering from depression isn't quick or easy, you do have more control than you realize—even if your depression is severe and stubbornly persistent. The key is to start small and build from there. You may not have much energy, but by drawing on all your reserves, you should have enough to take a walk around the block or pick up the phone to call a loved one, for example. Taking the first step is always the hardest. But going for a walk or getting up and dancing to your favorite music, for example, is something you can do right now. And it can substantially boost your mood and energy for several hours—long enough to put a second recovery step into action, such as preparing a mood-boosting meal or arranging to meet an old friend. By taking the following small but positive steps day by day, you'll soon lift the heavy fog of depression and find yourself feeling happier, healthier, and more hopeful again.

Everyone is affected by suicide, not just the victim. Suicide impacts family and friends long after the loss of a loved one. On average, one person commits suicide every 16.2 minutes. Two-thirds of the people who commit suicide suffer from depression. We use this month to reach out to those affected by suicide, raise awareness and connect individuals with suicidal ideation to treatment services. It is also important to ensure that individuals, friends and families have access to the resources they need to discuss suicide prevention. NAMI is the National Alliance on Mental Illness Website.

One way to help prevent suicide is to increase access to treatment for depression. However, identifying depression can be difficult. Not all people who suffer from depression show signs. The first step in identifying someone who is suffering from depression and contemplating suicide is to see how serious the issue is, talking to the person involved and asking about their thoughts will decrease the trigger of suicidal action. Suggesting a counselor or treatment for depression might also help. Often people who are depressed need a caring friend. A common fallacy is that people who talk about suicide never act on it. If a friend or loved one is talking about suicide, it's time to get help for that person.

The mental health of yourself or a loved one can never be taken too seriously. Whether the weight of a long-term struggle or a crisis weighs you down, allow friends, family or a profession to lighten the burden by finding support. There is no shame in seeking help. If you or someone you know needs emergency assistance, contact the National Suicide Prevention Hotline at 1-800-273-8255.

## Coping with Depression

Depression drains your energy, hope, and drive, making it difficult to take the steps that will help you to feel better. Sometimes, just thinking about the things you should do to feel better, like exercising or spending time with friends, can seem exhausting or impossible to put into action. Depression drains your energy, hope, and drive, making it difficult to take the steps that will help you to feel better. Sometimes, just thinking about the things you should do to feel better, like exercising or spending time with friends, can seem exhausting or impossible to put into action. It's the Catch-22 of depression recovery: The things that help the most are the things that are the most difficult to do. There is a big difference, however, between something that's difficult and something that's impossible. While recovering from depression isn't quick or easy, you do have more control than you realize—even if your depression is severe and stubbornly persistent. The key is to start small and build from there. You may not have much energy, but by drawing on all your reserves, you should have enough to take a walk around the block or pick up the phone to call a loved one, for example. Taking the first step is always the hardest. But going for a walk or getting up and dancing to your favorite music, for example, is something you can do right now. And it can substantially boost your mood and energy for several hours—long enough to put a second recovery step into action, such as preparing a mood-boosting meal or arranging to meet an old friend. By taking the following small but positive steps day by day, you'll soon lift the heavy fog of depression and find yourself feeling happier, healthier, and more hopeful again.

**Coping with depression tip 1: Reach out and stay connected**

Look for support from people who make you feel safe and cared for. The person you talk to doesn't have to be able to fix you; they just need to be a good listener—someone who'll listen attentively and compassionately without being distracted or judging you.

**Coping with Depression tip 2: Do things that make you feel good**

Aim for eight hours of sleep. Depression typically involves sleep problems; whether you're sleeping too little or too much, your mood suffers. Get on a better sleep schedule by learning healthy sleep patterns.

**Coping with Depression tip 3: Get moving**

When you're depressed, just getting out of bed can seem like a daunting task, let alone working out! But exercise is a powerful depression fighter—and one of the most important tools in your recovery arsenal. Research shows that regular exercise can be as effective as medication for relieving depression symptoms. It also helps prevent relapse once you're well. To get the most benefit, aim for at least 30 minutes of exercise per day. This doesn't have to be all at once—and it's okay to start small. A 10-minute walk can improve your mood for two hours.

**Coping with Depression tip 4: Eat a healthy, depression-fighting diet**

Minimize sugar and refined carbs. You may crave sugary snacks, baked goods, or comfort foods such as pasta or French fries, but these "feel-good" foods quickly lead to a crash in energy and mood. Aim to cut out as much of these foods as possible.

**Coping with Depression tip 5: Get a daily dose of sunlight**

Double up on the benefits on sunlight by exercising outside.

**Coping with Depression tip 6: Challenge negative thinking**

First identify the destructive thoughts patterns that contribute to your depression then you can start to challenge them with questions such as: "What's the evidence that this thought is true? Not true?" "What would I tell a friend who had this thought?" "Is there another way of looking at the situation or an alternate explanation?"

## Covid-19 Testing Sites

**Prince George's County Testing Locations**

D. Leonard Dyer Regional Health Center

9314 Piscataway Road, Clinton, MD 20735

County Test Site

First United Methodist Church of Hyattsville

1500 Merrimac Drive, Hyattsville, MD 20783

County Test Site

Laurel-Beltsville Senior Activity Center

7120 Contee Rd, Laurel, MD 20707

County Test Site

Prince George's County Health Department: Cheverly Health Center

3003 Hospital Dr., Cheverly, MD 20785

County Test Site

Rollingcrest - Chillum Recreation Center

6120 Sargent Rd, Chillum, MD 20782

County Test Site

Wayne K. Curry Sports and Learning Center

8001 Sheriff Road, Landover, MD 20785

County Test Site

Six Flags America Theme Park

13710 Central Avenue, Upper Marlboro, MD 20721

**Arne Arundel County Testing Locations**

Department of Health Annex

1 Harry S. Truman Parkway, Annapolis MD 21401

Call for an appointment 410-222-7256

Baymeadow Parking Lot

6701 Baymeadow Dr. Glen Burnie, MD, 21060

14421 Baltimore Avenue, Laurel, MD 20707

**Montgomery County Testing Locations**

Parking garage behind Regal Cinema

2002 Century Blvd

Germantown, 20874

Wheaton Library & Community Recreation Center

11701 Georgia Avenue

Silver Spring, 20902

White Oak Recreation Center

1700 April Lane

Silver Spring, 20904

Please see our website for additional community and COVID resources.

[Allen-ayukbehavioralhealth.com](http://Allen-ayukbehavioralhealth.com)

**We Support.  
We Advocate.  
We Empower.  
YOU ACHIEVE**



At AABHC our mission is to promote growth and create understanding through an individualized approach with a focus on self-advocacy, empowerment, and strengthening supports. We strive to help families grow, develop, and stabilize through education and wellness.

**Allen-Ayuk Behavioral Health Center, LLC**  
**Locations**

**PRP Headquarters**

**2525 Riva Rd, Suite 130  
Annapolis, MD  
Phone: 443.221.7866  
Fax: 443.221.7879**

**OMHC  
Locations**

**7404 Executive Place #420  
Lanham, MD 20706  
Phone: 240.260.3316  
Fax: 240.260.3309**

**PRP  
Locations**

**7100 Chesapeake Rd, #106  
Landover, MD 20784  
Phone: 240.582.7084  
Fax: 240.582.7378**

## Community Resources

**Emergency-Ambulance, Fire, Police:**  
9-1-1

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**Maryland Youth Crisis Hotline:**  
1-800-422-0009

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**National Domestic Violence Hotline:**  
1-800-799-SAFE (7233)

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**National Suicide Prevention Hotline**  
1-800-SUICIDE (784-2433)  
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**Rape, Abuse, Incest Network (RAIN):**  
1-800-656-HOPE (4673)

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**SAMHSA Disaster Distress Helpline:**  
1-800-985-5990 or  
text "TalkWithUs" to 66746

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for Spanish text  
"Hablanos" to 66746  
(Spanish)

for Spanish text  
"Hablanos" to 66746 (Spanish)

for Spanish text  
"Hablanos" to 66746  
(Spanish)

for Deaf/Hearing Impaired:  
1-800-846-8517  
1-800-985-5990 TTY

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1-800-846-8517  
800-985-5990 TTY

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