

[Descargue el mensaje en Español aquí](#)

[Descarregue esta mensagem em Português aqui](#)

September is National Suicide Prevention Awareness Month

Too many people are experiencing suicidal crisis or mental health-related distress without the support and care they need, and sadly, the pandemic only made a bad situation worse when it comes to mental health and wellness in America.

There are urgent realities driving the need for crisis service transformation across our country. Some statistics:

- *In 2020 alone, the U.S. had one death by suicide about every 11 minutes*
- *For people aged 10 – 34 years, suicide is a leading cause of death, and*
- *From April 2020 to 2021, over 100,000 individuals died from drug overdoses.*

As we continue to face our daily challenges, remember our Behavioral Health staff are here to support you. We offer a range of services and referrals to appropriate care.

Here at BVCHC we always have a doctor on call, if you or someone you know, is struggling, we are here 24/7.

(401) 722-0081

Resources

**The Providence Center provides
24/7 Behavioral Health
Emergency Line
(401) 274-7111**



The Providence Center's crisis clinicians provide 24/7 phone assistance for adults and children in mental health emergencies.

988 offers 24/7 access to counselors

988 offers 24/7 access to trained crisis counselors who can help people experiencing mental health-related distress. That could be:

- *Thoughts of suicide*
- *Mental health or substance use crisis, or*
- *Any other kind of emotion distress*

Call or text **988** or chat

988lifeline.org for themselves or if they are worried about a loved one who

988 24/7 Crisis & Support



Child Mental Health

The Greatest Eight™

- *The Greatest Eight™ is a public health initiative that supports parents and caregivers in helping their children have healthy emotions and behaviors and sets them up for a lifetime of mental wellness.*
- *Parents and caregivers can sign up for free weekly text messages (standard message rates may apply) that provide tips and activities for parents and caregivers to do with their children to build healthy emotions and behaviors.*
 - *Sign up for free weekly text messages by texting **GREATEST8** to 401-297-3020 or use this [link!](#)*
 - *The Greatest Eight's™ [Podcasts](#) about specific skills for child mental health.*



Pediatricians at BVCHC

- *Blackstone Valley Community Health Center (BVCHC)*
 - *Become a patient using this [link](#) or call the call center at 401-722-0081, Monday - Friday 8am - 5pm.*
 - *Pediatricians are a great resource for questions and information about your child's development!*
- *Rhode Island Association for Infant Mental Health (RIAIMH)*
 - *Free online training (English and Spanish) for parents and caregivers about infant social and emotional health and development.*



Give us a review on Google &
Recommend us on Facebook

At Blackstone Valley Community Health Care take pride in making sure each patient has a comfortable experience that addressed their medical/dental needs. We would very much appreciate it if you would take a few minutes today or in the next few days to share your experience with us.

Medical - 1000 Broad Street

Medical - 39 East Avenue

Medical - 1145 Main Street

Dental - 210 Main Street

Recommend us on Facebook



Get Vaccinated



Wear your Mask



Keep you Distance



Wash your Hands

For more information and the latest update on the Coronavirus [click here](#).
For more information on Quarantine Guidelines, [click here](#)



Blackstone Valley Community Health Care celebrating 30 years of offering the highest quality, lowest cost health care. Thank you for trusting us with your care.

Blackstone Valley Community Health Care | [Website](#)

