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988 SUICIDE & CRISIS
LIFELINE

SUICIDE PREVENTION AND RECOVERY

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National Suicide Prevention Week is an annual week-long campaign in the United States to inform the public about prevention and warning signs of suicide, this year occurring from September 10th-16th.

Suicide is the **fourth leading cause of death** for individuals ages 12-29 and is a difficult topic to talk about. But even in the toughest times and situations, there is still a reason for hope. Suicide is preventable. Many people around the world live healthfully in recovery.

In the time it takes to brush your teeth in the morning, a person has died by suicide. In the time it takes to fill a tea kettle or coffee pot, another has died. It's a startling statistic. **Every**

40 seconds throughout the world, someone's life ends this way. For every person who dies, about 20 survive a suicide attempt. Suicide is a global health issue. But it's not often discussed openly. Silence, or even hushed tones, can add to the stigma. That can cause feelings of shame for people who have survived a suicide attempt or lost someone to suicide. Instead, it's important to show others that we care.

Know the warning signs

When someone is considering taking their life by suicide, they might threaten to do it and search for methods and means. They might say things like, **"No one will miss me when I'm gone."** They might say goodbye to family and friends and give away things they care about. You may also see extreme mood swings, increased anxiety, or increased anger or rage.

Call or text 988

988 is a quick way to access the **Suicide & Crisis Lifeline**. You can call or text anytime you or a loved one is experiencing a mental health crisis, including considering suicide. A crisis can look very different for everyone, so whatever feels like a mental health crisis to you is **the right reason to call**.

Attend an Employee Assistance Program Training on Suicide Prevention to learn more:

Tuesday, September 19 from 9-10am.

[Click here](#) to join.

Wednesday, September 20 from 1-2pm.

[Click here](#) to join.

A previous edition of this newsletter contained an image that was offensive to some readers. ThriveOn apologizes for that inclusion and for the harm that it caused. We work hard to use pictures in our publications that reflect our workforce in only the most positive light, and strive to learn from any instance that misses the mark.



COMPLETE YOUR BIOMETRIC SCREENING

ON SITE AT WORK

Only a handful of onsite events remain for the year. These are your last chance to get your biometric screening **onsite** for 2023! Complete a biometric screening at your PCP office, an onsite event, or a WorkHealth clinic and **earn \$200**.

Schedule an appointment online by heading to fcthriveon.com. Scroll down to the **Take Action** section and click on the **Onsite Biometric Events** card to find an event near you. No appointment required. First come, first served.

Government Tower - JSB (A) Meeting Room September 7, 14 October 5, 10, 25	
Prairie Township September 8	Memorial Hall September 13 October 31
JFS West September 18	JFS Northland September 19 October 6
FCCS East/Intake September 26 October 17, 26	JFS East October 9
Engineer's Office - Dublin Road October 18	

EXPLORE THE OUTDOORS CHALLENGE

COMPLETE A WELL-BEING ACTIVITY

Join ThriveOn for our **Explore the Outdoors Challenge!** Registration is open **NOW!**

Venturing into the outdoors cultivates a pathway to a wholesome lifestyle. It encourages physical activity such as hiking, biking, or walking, elevating cardiovascular fitness and muscle strength, while also promoting mental well-being by reducing stress, enhancing mood, and fostering a sense of peace and tranquility. The Explore the Outdoors Challenge encourages you to utilize outdoor exploration not only to nurture a balanced and healthy life but also to support your mental health journey.

From **September 13th – October 10th** you can gain all the benefits of exploring the outdoors while *earning \$50 for completing a Well-Being Activity in the ThriveOn Wellness Your Way program!*

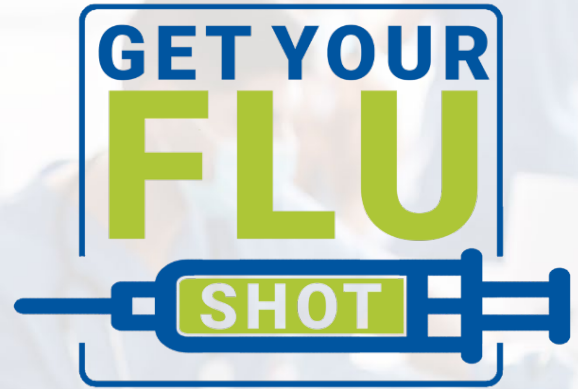
Three participants will be randomly selected to receive an **Outdoor Adventure Pack** including a backpack and hammock from REI. *Winners will be taxed on the value of the prize on the November 17th payroll.*

Here's how it works:

1. Register for ThriveOn's Explore the Outdoors challenge by **September 20th** at fcthriveon.com.
2. Explore the Outdoors
3. Achieve the participation requirement: enter a **"yes"** or **"no"** response for 21 of the 28 days.
4. Achieve the daily goal: explore the outdoors during 14 days of the challenge and record **"yes"** for doing so.

WHY GET A FLU VACCINE?

The best way to prevent flu and its potentially serious complications is by getting a yearly flu vaccine. Even when flu vaccination does not prevent illness entirely, it has been shown in several studies to reduce severity of illness in people who get vaccinated but still get sick.



WHERE CAN I GET A FLU VACCINE?

Any pharmacy in our OptumRx network – including Kroger, Giant Eagle, and Walmart pharmacies.

- Prescription insurance card required.
- You can check OptumRX.com for a participating pharmacy near you.

Your Primary Care Physician’s office

- Medical insurance card required.

Franklin County 5K & ThriveOn Challenge – taking place on Sunday, October 8.

- No insurance card required (since it’s covered by your ThriveOn wellness program).
- All Franklin County Cooperative employees, spouses/domestic partners, and dependent children 16+ (with a guardian in attendance are eligible for the vaccine.)
- Learn more about this year’s 5K and [sign up here.](#)

Onsite at Work

- No insurance card required (since it’s covered by your ThriveOn wellness program).
- All Franklin County Cooperative employees, spouses/domestic partners, and dependent children 16+ (with a guardian in attendance are eligible for the vaccine.)

Refer to the chart below for dates, locations, and time windows:

Onsite events do not require an appointment. First come, first served.

FLU ONLY EVENTS OFFERED			EVENTS OFFERED AS PART OF BIOMETRIC SCREENING EVENT		
September 6	City of Grandview Heights	1:30 PM - 2:30 PM	September 1	CSEA	9:00 AM - 1:00 PM
September 6	Soil & Water	2:00 PM - 3:00 PM	September 5	Government Tower - JSB A	9:00 AM - 2:00 PM
September 11	Board of Elections	9:00 AM - 10:30 AM	September 6	MORPC	9:00 AM - 12:00 PM
September 11	FCCS - West Mound	3:30 PM - 4:30 PM	September 7	Government Tower - JSB A	9:00 AM - 2:00 PM
September 11	Animal Control	11:30 AM - 12:30 PM	September 8	Prairie Township	10:00 AM - 2:00 PM
September 11	Emergency Mgmt/Homeland Security	1:30 PM - 2:30 PM	September 13	Memorial Hall (OOA, Veteran Svs., Public Health, Sanitary Eng.)	9:00 AM - 1:00 PM
September 11	CBCF	9:00 AM - 10:00 AM	September 14	Government Tower - JSB A	9:00 AM - 2:00 PM
September 11	Sheriff Jackson Pike	11:00 AM - 12:00 PM	September 18	JFS - West	11:00 AM - 3:00 PM
September 11	Coroner	1:30 PM - 2:30 PM	September 19	JFS - Northland	9:00 AM - 1:00 PM
September 11	Auto Title South	10:30 AM - 12:00 PM	September 26	FCCS- East / Intake	9:00 AM - 1:00 PM
September 12	James Karnes Building	9:00 AM - 10:00 AM	October 5	Government Tower - JSB A	9:00 AM - 2:00 PM
September 12	ADAMH	11:00 AM - 1:00 PM	October 6	JFS - Northland	9:00 AM - 1:00 PM
September 18	Auto Title West	8:30 AM - 9:30 AM	October 9	JFS - East	11:00 AM - 3:00 PM
September 19	Auto Title North	2:30 PM - 3:30 PM	October 10	Government Tower - JSB A	9:00 AM - 2:00 PM
September 22	Auto Title East	9:00 AM - 10:00 AM	October 17	FCCS- East / Intake	9:00 AM - 1:00 PM
September 26	Fleet Mgmt/Sheriff Sub Station	6:30 AM - 7:30 AM	October 18	Engineer Agency - Dublin Road	9:00 AM - 1:00 PM
September 27	Metro Parks- Highbanks	1:30 PM - 2:30 PM	October 25	Government Tower - JSB A	9:00 AM - 2:00 PM
September 27	Metro Parks - Sharon Woods	2:00 PM - 3:00 PM	October 26	FCCS - East / Intake	9:00 AM - 1:00 PM
September 28	Metro Parks - Blacklick Woods	9:30 AM - 10:30 AM	October 31	Memorial Hall (OOA, Veteran Svs., Public Health, Sanitary Eng.)	9:00 AM - 1:00 PM
September 28	Jefferson Township	9:30 AM - 10:30 AM			
October 20	Sheriff Training Academy	9:00 AM - 10:00 AM			
October 20	SWACO	11:00 AM - 12:00 PM			
October 20	FCCS- Frank Road	1:30 PM - 2:30 PM			

Well-Being Activity: Get your flu vaccine to earn a **\$50 Well-Being Activity** incentive! Employees and enrolled spouses/domestic partners are eligible to earn up to 4 Well-Being Activity incentives per year.