



NEWSLETTER



October is Breast Cancer Awareness Month



Breast cancer can significantly impact mental health, leading to emotional challenges such as anxiety, depression, and fear of recurrence. The diagnosis, treatment process, and physical changes like hair loss or mastectomy can cause distress and affect self-esteem. Coping with uncertainty, fatigue, and lifestyle changes may exacerbate mental health issues. Support from healthcare professionals, therapy, and community groups plays a crucial role in addressing these concerns, helping individuals manage emotional burdens and improve overall well-being during their cancer journey.



Autism awareness during Halloween often features blue pumpkins as a symbol of inclusion. Children carrying blue pumpkin buckets may have autism, signaling they might engage differently in trick-or-treating. This encourages understanding, patience, and inclusivity during the holiday, helping create a more accepting environment for everyone to enjoy Halloween.



 In 2024, an estimated **310,720 new cases** of invasive breast cancer will be diagnosed in women in the U.S.


 **Helping Women NOW.**





 **There are over 4 million** breast cancer survivors in the United States.

 **Helping Women NOW.**



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 @TwinRiversPathways

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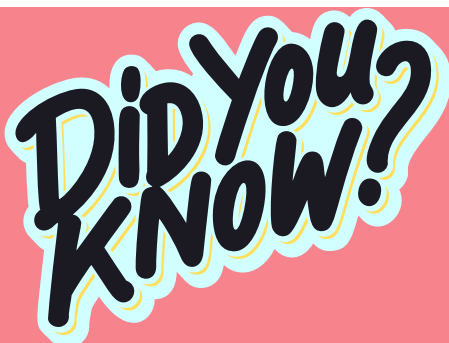


PREVENTION AIMS TO...

- Prevent **initiation** of substance use
- Prevent **progression** of substance use (to a substance use disorder)
- Prevent and reduce **harms** associated with substance use

Substance Use Prevention Month, observed in October, raises awareness about the importance of preventing substance misuse and promoting healthy lifestyles. It encourages communities to support prevention efforts, educate youth, and provide resources to those at risk. The goal is to foster resilience and reduce the negative impact of substance abuse.

For more information visit [www. SAMHSA.org](http://www.SAMHSA.org)



- October is Breast Cancer Awareness Month
- October 10th is World Mental Health Day
- October 6-12 is Mental Illness Awareness Week
- October is Substance Use Prevention Month
- October is National Hispanic Heritage Month
- October 25th is Pinkalicious Day...wear Pink!

Lunch & Learn
 Last Wednesday of every month at 1 pm

Join us for networking, resources, and lunch!

Get to know the professionals who service our community. Bring your behavioral health questions.

Contact us today to reserve your spot!

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