



# Preventing Suicide All Year Long

September is Suicide Prevention Awareness Month, and Sept. 10 is a day specifically dedicated to the cause. Though recent years have seen the conversation regarding mental health growing increasingly more open, there is still a lot of work to be done when it comes to suicide. It makes sense: suicide is terrifying to even think about. However, it's when we allow these issues to remain unspoken that recovery feels more and more elusive to those experiencing suicidal thoughts.

Further, many damaging stigmas persist. There's even the assumption that suicidal tendencies should be easy to spot. While there are warning signs we can watch out for, depression can manifest itself in strange ways, and the best option for truly checking in with our friends is by asking questions and encouraging honest conversation.

With that being said, there are a few behaviors that should be on your radar if you notice them, such as increased substance use, withdrawal from socialization, aggressive behavior or mood swings, and impulsive behavior. While some of these in isolation might have other explanations, it's always best practice to talk to friends or family if anything causes you to worry. At the very least, you can remind the people in your life that you care about them and are there if they need you.

This month, focus on fostering change in the realm of mental health. We've come a long way, but we still have a long way to go. Aside from raising awareness, September is also an opportunity to spread vital information to those affected by suicide. If you are experiencing suicidal thoughts, don't be afraid to speak up. There are plenty of resources out there to help you:

- If you or a loved one are experiencing a crisis, call or text the updated Suicide Lifeline number: **988** (24-hour, confidential support).
- Text HELLO to **741741** at the Crisis Text Line (free and confidential support throughout the US).
- If you are seeking therapy or other mental health support, consult search tools like Psychology Today's [Find a Therapist](#) or Psych Central's [mental health resource](#) to determine which type of care is best and find providers near you.

Remember that help and recovery are always options. Reach out if you are struggling and try to be a resource for those in your life who might need help. Most of all, be kind to others as well as yourself.

"Suicide Prevention Awareness Month." <https://www.nami.org/get-involved/awareness-events/suicide-prevention-awareness-month>, Accessed August 8, 2022.

"Risk of Suicide." <https://www.nami.org/About-Mental-Illness/Common-with-Mental-Illness/Risk-of-Suicide>, Accessed August 8, 2022.

# One-Pan Lemon Broccoli Cheddar Chicken and Rice

Serves: 6  
Prep Time: 20 minutes  
Cook Time: 25 minutes  
Total Time: 45 minutes

## Ingredients

- 1 tablespoon olive oil
- 2 yellow onions, chopped
- 5 whole carrots, chopped
- 1 pound boneless chicken breast, cut into 1-inch cubes
- 2 tablespoons butter
- 1½ cups basmati rice
- ½ cup orzo pasta (or gluten-free option)
- 1 tablespoon dried thyme
- 3½ cups no-sodium chicken stock
- 2 cups frozen broccoli, warmed to microwave instructions on bag then chopped to bite size
- ½ teaspoon garlic powder
- ½ teaspoon cayenne pepper, or to taste (Caution if adding more: It brings the heat!)
- 1½ cups shredded sharp cheddar cheese, or more to taste
- Salt and pepper to taste
- Zest of 1 lemon

## Preparation

1. In a large skillet, heat the olive oil over medium heat. Add the chopped onion and chopped carrots and cook for 5 minutes.
2. Season your 1-inch chicken breast cubes with salt and pepper and add them to the skillet. Cook the chicken until golden on all sides – roughly 10 minutes.
3. Melt the butter in the skillet and add the rice and orzo – toasting for 3 minutes.
4. Then add the chicken stock, thyme, garlic powder, cayenne, and a dash of black pepper to the mix.
5. Bring to a boil, cover and reduce heat to low. Cook for 20 minutes until the rice has absorbed the liquid.
6. Once the rice is cooked, add in the broccoli pieces, lemon zest and cheddar cheese. Allow the broccoli to warm and the cheese to melt, roughly 5 minutes. Then turn off the heat.
7. Spoon the mix into bowls and top with additional thyme, if desired. Enjoy!

## Nutrition Information

Estimated Amount Per Serving:  
Calories: 789  
Total Fat: 23.6g  
Sodium: 415mg  
Total Carbohydrates: 96.5g  
Total Sugars: 5.7g  
Protein: 46.1g

Recipe adapted from [halfbakedharvest.com](http://halfbakedharvest.com)

## Top Four Safety Tips For Handling and Cooking Everyday Foods



Food safety is uber important since it's something we are surrounded by daily. This month is National Food Safety Month, a time to bring awareness to the importance of keeping foods at proper temperatures, knowing how long food can be left at room temperature, and much more.

Taking proper safety precautions can help you avoid unwanted and avoidable food-borne illnesses, also known as food poisoning. There are four core practices to focus on including clean, separate, cook and chill.



**CLEAN** Wash your hands thoroughly for at least 20 seconds with warm water and soap before handling food. Wash all cutting boards, utensils and tabletops with hot soapy water. Rinse fresh produce with cold water before preparing.

**SEPARATE** Separate raw meat, poultry, seafood and eggs from other ready-to-eat foods to avoid cross-contamination. Prevent cross-contamination by using a separate cutting board for raw meat and another for ready-to-eat foods like fresh produce. Also, don't rinse chicken,



meat, eggs or seafood before cooking or reuse marinade.

**COOK** Use a food thermometer for the easiest way to know if you're cooking food to a safe temperature. Since the safe temperatures vary depending on the food you're cooking, use this [safe temperature cooking guide](#).

**CHILL** Be sure to keep your refrigerator at a safe level of 40F or below and refrigerate meat, poultry, eggs and other refrigerated foods as soon as you get them home from the grocery store. Refrigerate perishable



foods within two hours or one hour if the food is exposed to temperatures of 90F or warmer.

Also, remember to never thaw food at room temperature. Use either your refrigerator, or microwave, or place the food in cold water to thaw. And keep raw meat on the bottom shelf of your refrigerator to avoid drips contaminating other food.

[fightbac.org/nfsem](http://fightbac.org/nfsem), [foodsafety.gov](http://foodsafety.gov)