



Thank you Andrea Nadolny for your hard work surrounding suicide and mental health!

Andrea is a seventeen-year-old high school junior, who lost a friend to suicide in 2018. This loss compelled her to promote suicide awareness and prevention with her Girl Scout Gold Award project. The Gold Award, which is also the highest award in Girl Scouts, is a service project that makes a difference in your community and the world. In addition to her infographics below, Andrea worked with her local libraries and Recreation Center to create murals promoting suicide education.

"Suicide Education is such a stigmatized topic, and with my project I aim to help people learn about the importance of mental health," said the junior, "This project has taught me so much about myself, as well as helped me show people that they are not alone."

Please download and share the infographics that Andrea has created.

[Suicide Infographics](#)



May Mental Health Campaign:

Next month we will be focusing on language surrounding various mental health disorders. We find it important to tackle the issue of stigmatizing language to help others better have a better understanding of mental health. We need your help in spreading this important information. If you are interested in gaining the materials we have created for this campaign please contact [Keiko Talley](#).

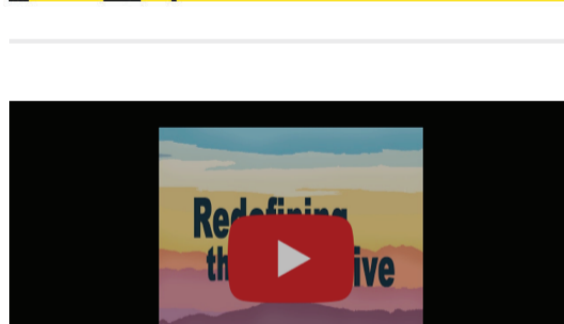
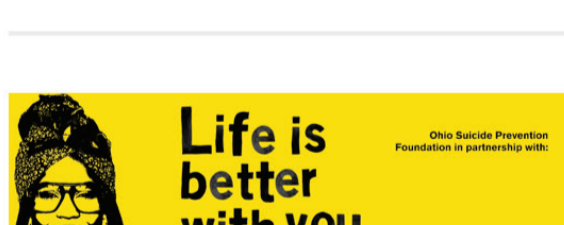
Working Minds Training:

Working Minds trains organizations to proactively address the early warning signs of suicide in the workplace. This 2-hour FREE virtual training will educate and equip businesses with tools to address mental health and suicide concerns within the workplace. To schedule a training, please contact [Jason Hughes](#).

National Loss Conference:

This virtual conference will take place on Saturday, May 22, 2021 from 10:00 AM – 1:00 PM CT via Zoom. Keynote by Dr. Frank Campbell. LOSS Team members from across the country will be leading breakout sessions on a variety of topics such as Tips to Building and Sustaining LOSS Teams in Rural and Urban Settings, Recruiting and Caring for LOSS Team Members, Building Sensitivity to Grieving Loss from Diverse Perspectives.

[More Information](#)



Lizzy Zinn redefines the narratives of suicide and mental illness by discussing what herself and others have gone through. By having these open and vulnerable conversations she hopes to eliminate the stigma.

Interested in being a guest on an upcoming episode? Email Lizzy at lizzyzinn@gmail.com.

In The News:

[Founder of 33Forever Joins OSPF Board](#)

[Statewide Campaign Focuses on Mental Health of Black Youth](#)

[Crisis of Black Youth Suicide](#)

[Melissa & Doug Co-Founder Opens Up About Mental Health](#)



4/2 @1pm

Postvention: Grief Therapy with Suicide Loss Survivors Pt. 1

4/6 @ 10am

Working Minds Training

4/10 @1pm

LIBWYH: Cleveland

4/16 @1pm

Postvention: Grief Therapy with Suicide Loss Survivors Pt. 2

4/17 @3pm

LIBWYH: Columbus

4/17 @9am

Yoga Detox With Charnette Batey

4/20 @10am

Working Minds Training

4/24 @1pm

LIBWYH: Cincinnati

4/30 @1pm

Postvention: Collaborative vs. Directive

[Register For Events](#)

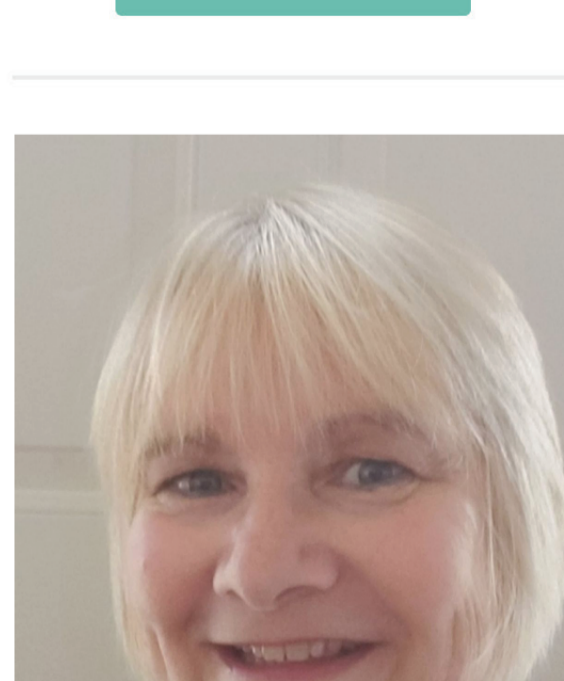


Now Hiring:

We are excited to be adding five AmeriCorps Members to our staff in an effort to help lower veteran suicides across Ohio. We would greatly appreciate your support in sharing the following opportunity with any potential applicants.

Veteran, current military service member, or a military family member are encouraged to apply on our website.

[More Information](#)



Meet Our Staff:
[Mary Wolf](#)
Associate Director

Why is mental health important to you?

As a young girl, I spent a lot of time with my grandma and she suffered from agoraphobia and anxiety. I felt that people were just ignoring her and the problems she had and saying that "old people all become depressed". Everyone no matter what should have access to mental health treatment.

My favorite self-care activity:

Daily journaling has become my go-to self-care practice. Being able to take the ruminating thoughts in my head and put them down on paper helps me feel better.