



Emory Wellness Wednesday
NEWSLETTER
 Volume #11
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[GYN/OB Wellness Webpage](#)



VIOLENCE PREVENTION

Happy Wednesday and welcome to the August Wellness Wednesday Newsletter. This monthly newsletter will serve as a guide to self-care, comfort and happiness in this challenging time. Please click the links for resources and information. Also, please submit your concerns and ideas to: [The Wellness Committee](#)



GUN VIOLENCE

Per the [CDC](#), there are approximately 40,000 firearm related deaths every year in the US, which is 109 people per day.

Safety Tips:

- Register guns
- Store gun in a safe
- Limit access to children or those at risk for suicide

- Gun Violence Prevention Organizations:**
- [Everytown for Gun Safety](#) or [The Brady Campaign](#)
- IPV Organizations:**
- Emory: [Intimate Partner Violence Working Group](#)
 - Atlanta: [Partnership Against Domestic Violence](#)
 - GA: [GA Coalition Against Domestic Violence](#)
 - [Nat'l Domestic Violence Hotline](#) 800-799-SAFE(7233)
- Suicide and Mental Health Organizations:**
- [CDC suicide prevention guide](#)
 - [Suicide Prevention Hotline](#)
 - [National Alliance on Mental Illness](#)

EMORY UPDATES

Listen. Learn. Act.
[SOM Anti-Racism Resource Guide](#)



Department link for [Justice](#)

Faculty Staff Assistance Program (404) 727-4328

INTIMATE PARTNER VIOLENCE

IPV includes physical and emotional abuse. Per the [CDC](#), approximately 1 in 5 women and 1 in 7 men have experienced severe intimate partner violence in their lifetimes.

Safety Tips:

- Support survivors
- Teach healthy relationship behaviors
- Create a supportive workplace culture
- Engage influential peers and empower bystanders

SUICIDE

Per the [CDC](#), suicide is a problem throughout the life span. Approximately 48,000 Americans die annually by suicide, which is one death every 11 minutes.

Safety Tips:

- Reduce access to firearms
- Improve access to mental health resources and destigmatize mental illness
- Increase housing stability
- Promote peer-to-peer engagement
- Check in with your partner, family and friends



"Take a moment to reflect on signs that arise when you are not coping well. Recognize these signs and reach out for help if you are thinking about suicide."

KUDOS!!!

"I would like to submit kudos to Megan McCool-Myers for checking on me throughout this tough year, engaging me in projects that she thinks I would like to be involved in, and helping me push my research ideas forward. Thank you!!"

Submit kudos to members of the [GYN/OB Department here](#)

FRONTLINE
MOMENTS



Can't MASK our love!

By Victoria Jiang