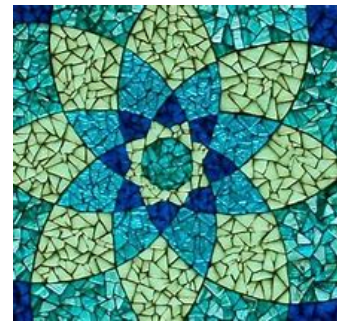


Make March Meaningful

CSB Wellness, Health Promotion and Prevention

2021

As we move into spring, make March meaningful!
 Learn more about mental health and preventing suicide.
 Download the myStrength app and explore the topics that are highlighted this month.
 CSB's Wellness, Health Promotion and Prevention team is ready to help you make March meaningful.



National Self-Harm Awareness Month						
National Nutrition Month						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Self-Injury Awareness Day	2 What is self-harm? Take a Mental Health First Aid class to find out more.	3 Question. Persuade. Refer. Help prevent suicide. Get more information.	4 Become a Lock and Talk family	5 Register for a REVIVE! class today at 9 a.m.	6 Support someone who is trying to quit vaping.
Sleep Awareness Week						
7 Download the myStrength app, 'Sign Up', and enter access code 'CSB Community'.	8 Register for a REVIVE! class today at 2 p.m.	9 QPR: Help prevent suicide. Sign up for a class today at 2 p.m.	10 Are you a savvy sleeper? Take the quiz on the myStrength app.	11 Start a sleep diary on the myStrength app.	12 World Sleep Day	13 Be present, learn about mindfulness and sleep on the myStrength app.
14 Sign up to quit vaping: text: VapeFreeFFX to 88-709.	15 Plan a healthy meal, log onto the myStrength app.	16 Register for a REVIVE! class today at 6:30 p.m.	17 Learn how to avoid sneaky processed foods: visit the myStrength app.	18 Learn more about the WIC program in Fairfax County.	19 Get food and nutrition resources.	20 Search 'Healthy body, healthy mind' in the myStrength app.
National Poison Prevention Week						
21 Secure medications, pick up a medication lock box at a location near you.	22 Suicide Prevention Information and Resources	23 Add the National Suicide Prevention Lifeline into your phone, 1-800-273-TALK.	24 Register for a REVIVE! class today at 11 a.m.	25 Dispose of unused or expired medications at any local police station.	26 What is Suicide Prevention Alliance of Northern Virginia? SPAN	27 QPR: Help prevent suicide. Sign up for a class today at 9 a.m.
28 Join the Fairfax Prevention Coalition to help combat substance misuse.	29 Use the myStrength app to learn myths and facts about bipolar disorder.	30 World Bipolar Day	31 Help someone experiencing a mental health issue. Register for a MHFA class.	<p>If you are in crisis or need immediate help, please call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) for 24/7, free and confidential support, prevention and crisis resources for you or your loved ones, and best practices for professionals.</p>		
<p>Have a question? Contact us: CSBPrevention@fairfaxcounty.gov</p>						

March 2021