

Monthly

# School-Based Services Newsletter

*The March Edition*

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## Self-Harm Awareness Month

### What is self-harm?

Self-harm is when someone deliberately hurts themselves.

### Why do people self-harm?

When someone self-harms, they are not trying to kill themselves. Rather, they are using self-harm in an attempt to manage their emotions.

### What can you do to help?

If you know someone who is harming themselves, be a listening ear. Remind them they are not alone and encourage them to seek professional help.

## Crisis Resources:

National Suicide  
Prevention Lifeline  
988  
(call or text)

Crisis Lifeline  
1-800-TALK (8255)  
Connect to a crisis center in your area.

Text "HOME" to 741741

## March is National Developmental Disabilities Awareness Month

D.D.A.M is a nationwide event to raise awareness about the inclusion of people living with a disability. Why is inclusion important? About 15% of the world's population lives with a disability. It is important we understand how people function and participate in society making sure everyone has the same opportunity.



## March 30th, 2023: National Bipolar Disorder Awareness Day

World Bipolar Disorder Day (3/30) is to bring awareness to bipolar disorders and eliminate the social stigma it holds. When having bipolar disorder, you can experience episodes of mania and depression. Did you know – March 30<sup>th</sup> is Vincent van Gogh's birthday, who was diagnosed with BPD, which is why we celebrate National Bipolar Disorder Day on the 30<sup>th</sup>.



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