

# September 2024 Wellness Blurbs

## **Suicide Prevention Series provided by HHS Office of Mental Health Services**

Join us for a crucial Suicide Prevention Webinar Series, in collaboration with the HHS Office of Mental Health. This hard-to-discuss topic touches us all. Through expert insights and practical strategies, we aim to empower you to recognize warning signs and offer support. Let's work together to make a difference because every life matters. See the full list of offerings and register through the [ERS Wellness Events Calendar](#).

## **New Health and Well-being Benefits Series!**

Starting in September HealthSelect of Texas participants will have access to several brand new digital programs to help support heart health, management of musculoskeletal conditions and mental health. Access support and care from the convenience of your home to manage conditions and prevent future ones! Learn about these new benefits this month in our upcoming webinar series:

- **September 4, 10-10:30 a.m. CT Benefit Highlight: Hello Heart:** Join us to learn about a new program that helps you manage your cardiovascular health! Hello Heart is offered to HealthSelect of Texas® and Consumer Directed HealthSelectSM medical plan participants at no additional cost and includes a free Hello Heart blood pressure monitor that pairs directly with your smartphone. Participants with a history of high blood pressure and cardiovascular disease may benefit from this program. Register through the [Hello Heart Webinar Event Link](#).
- **September 18, 10-10:30 a.m. CT Benefit Highlight; Hinge Health:** Join us to learn about the Hinge Health program. Hinge Health helps relieve joint, muscle and back pain with personalized digital exercise therapy at no additional cost to HealthSelect of Texas® and Consumer Directed HealthSelectSM medical plan participants. The program includes virtual sessions, unlimited one-on-one coaching and motion tracking technology for instant form connection. Register through the [Hinge Health Webinar Event Link](#)
- **September 25, 10-10:30 a.m. CT Benefit Highlight: Learn to Live:** Join us to learn about the Learn to Live program. Whether you're facing a challenge or want to proactively manage your mental health, you can learn new skills and get help in breaking old patterns that may be holding you back. Digital mental health programs from Learn to Live can teach you how to adjust unhelpful thoughts and manage your mood using cognitive behavioral therapy and one-on-one coaching support. Register through [the Learn to Live Webinar Event Link](#).

## **Full details on MH Webinars to add to your internal calendars:**

Webinars:

**Sept. 6, 10–11 a.m. CT [Language Matters](#).** When discussing suicide, language matters. The HHSC Suicide Prevention Team will discuss clear and factual ways to talk about suicide.

**Sept. 13, 10–11:30 a.m. CT [Thriving Together: Building Workplace Resilience Through Connection](#).** Learn how authentically engaging in reciprocity positively affects help-seeking and help-offering and prevents suicide.

**Sept. 20, 10–11:30 a.m. CT [Warriors Burden: The Deadly Price of Silent Suffering and How We Can Heal our Military Heroes](#).** Participants will explore suicide prevention through the eyes of a veteran with lived experience. Delving into the struggles service members face when transitioning to civilian life, this webinar offers strategies for fostering open dialogue and support to aid in their healing.

**Sept. 27, 11 a.m. to 12:30 p.m. CT [Suicide Prevention for People with Autism Spectrum Disorder](#).** Lisa Morgan, co-chair of the Autism and Suicide Committee of the American Association of Suicidology, will share important ways to connect with people with autism spectrum disorder who may be considering suicide.