

4 September 2018

Welcome to the SEPTEMBER edition of the Base Seattle Work-Life Monthly "News Bullets". See a topic and click on the link or contact the POC to learn more!

- **September is Suicide Prevention Month!** Did you know over 40,000 people die by suicide each year in the United States? Learn the 5 action steps for helping someone in emotional pain. https://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml#part_153220 For more information, contact Ms. Karen Collins at (503) 861-6327.
- **Family back to school tips.** As children head back to school this month, here are some ideas for getting back into the routine. <http://www.parents.mu/enfant/getting-ready-for-school/> For more information, contact Mr. Troy Olson at (206) 217-6612.
- **Need help navigating the school system?** Contact the nearest DOD School Liaison Officer for questions. <https://www.dodea.edu/Partnership/schoolLiaisonOfficers.cfm> For more information, contact Ms. May Chao at (206) 217-6786.
- **Support a friend or family member that has experienced sexual violence** without unintentionally increasing their stress or doing harm. Find resources to help you become a supportive ally to the survivor in your life. <https://www.nsvrc.org/how-to-help> For more information, contact Ms. Jennifer Parris at (206) 217-6675.
- **Federal Student Aid, 2019-2020 school year application opens 1 October.** Some aid programs that have limited funds and are first come, first served; so apply early! Use this month to gather documents and prepare. Find resources and apply at <https://fafsa.ed.gov/> For more information, contact Ms. Angela LeMaster at (206) 217-6615.
- **Access WORK-LIFE website from home!** Read all about Work-Life programs and connect with valuable resources from your phone or home computer. Share this link with your FAMILY! *New short link!* <https://www.dcms.uscg.mil/Base-Seattle/Work-Life/> Contact Ms. Shirley Blanchett at (206) 217-6640 for Work-Life information.

V/r,
Your Work-Life Staff

Work-Life Web Site:
<http://cglink.uscg.mil/SeattleWorkLife>

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