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# NJSNA Region 4

## Notes on Nursing

Dear Region 4 Members,

Happy Fall!

I am writing this letter on a beautiful September day.

September is a bittersweet month for me as it is my birthday month but also a remembrance of 9/11. As I “mature” I strive to appreciate all that life has given me and try to treasure every day and interactions with others in my personal and professional life.

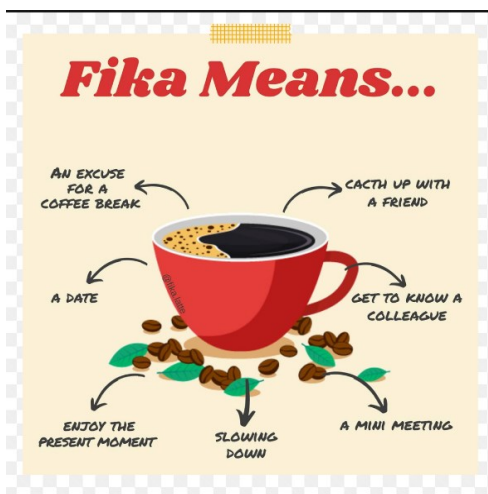
Navigating the healthcare system for my elderly parents has also illuminated to me the importance of nursing specifically in the maintenance of health and dignity for those we serve. Thank you to all who care for such vulnerable populations.

I learned a new word that may help explain some of the feelings that I just discussed. It is a Swedish word– FIKA. It means taking a moment to slow down and appreciate the good things in life....

<https://www.insidethetravellab.com/what-is-fika/#tab-con-8>

With gratitude,

Maureen



# **Nursing Recognition Dates History**

## **By Eileen Williamson, MSN, RN**

“Special nursing recognition days began after physicians chose to focus their practices in specific areas of medicine and surgery. Hospitals and other facilities began to group patients together in departments and on units for specialized care. Nurses took advanced training in these specialties to staff those units.

Soon, those nurses formed professional organizations focused on their areas of expertise. They began to network with one another and share best practices. They advanced their careers by finding their voices, taking seats at the leadership table and becoming change agents and advocates. And they helped grow the group.

Professional nursing organizations also began to recognize their members for the work they do by setting aside recognition times each year to honor and thank them.

Today, there are multiple days, weeks and months — and several ways — to celebrate the profession as a whole or specific nurses with certain talents or focus areas of healthcare.

Add the following dates to your annual calendar. They cover several recognition days, months and weeks that your organization will want to keep in mind.“

To read this entire article, click [HERE](#)



## **September Nursing Holidays:**

[National Clinical Nurse Specialist Recognition Week](#) – September 1 -7

[National Pediatric Hematology/Oncology Nurses Day](#) - September 8

[Nephrology Nurses Week](#) - Sept. 11- 17

[Vascular Nurses Week](#) - September 5–11

[National Neonatal Nurses Week](#) - Sept. 12 - 18

[National Neonatal Nurses Day](#) - Sept. 15

[Nursing Professional Development Week](#) - September 11 -17



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## **October Nursing Holidays:**

[National Midwifery Week](#) - October 2 – 8

[National Pediatric Nursing Week](#) - Oct. 3 –7

[Emergency Nurses Week](#) - October 11 - 17

[National Emergency Nurses Day](#) - Oct. 12

[National Case Management Week](#) - October 9 – 15


[International Infection Prevention Week](#) - TBD

[International Orthopaedic Nurses Day](#) - Oct. 30



## Professional Development Corner

### Transitions & Reflections



The days are shorter, the mornings and evenings are cooler, and the school buses are back on the road. All signs that fall is quickly approaching! Fall is my favorite time of year (and not only because it is scarf and boot season!). The pace slows from the barrage of summer activities, providing the perfect opportunity to appreciate some stillness and reflect as the seasons change.



pause  
reflect  
intend

As busy nurses who constantly move from one thing to the next, we often don't take the time to reflect on our experiences and miss valuable opportunities for growth. There are many definitions of reflection in nursing practice, but they all center around learning and experience. Reflection allows us to think critically about situations that went well and those that did not. I'm sure we can all agree that there are valuable lessons to be learned from both.

No matter where you are in your career, you are always growing and transitioning. Remember that being *open* to growth and learning is the cornerstone of professional development. So, as the leaves change colors and the wind blows them, take some time to reflect on your own professional and personal development. Be intentional, challenge yourself, and always be kind to yourself during your reflection. You never know where it might take you!

*Nowai Keleekai-Brapoh, PhD, RN, NPD-BC*  
*VP of Education*



### Education Programs

**Sepsis Alliance Summit (a non-profit organization dedicated to raising awareness of sepsis)**

**Date:** Sep 28, 2022 - Sep 29, 2022

**Time:** 10:30 am - 4:30 pm, est.

**Description:** The event will feature two days of **FREE, virtual** expert-led sepsis content for healthcare professionals across the continuum of care, including nurses, physicians, pharmacists, allied health professionals, data/quality/safety/IT professionals, students, leadership, policymakers, industry leaders, and more. **Free RN CE Contact Hours will be available for attendees!** Learn more and register today: [SepsisSummit.org](https://SepsisSummit.org)

## September in Nursing History



September 1	<b>1872</b> New England Hosp. admits 1st class <b>1940</b> <u>Lillian Wald</u> died
September 2	<b>1896</b> Meeting to form Nurses Associated Alumnae
September 6	<b>1950</b> 1st African American enters UMD nursing program Ildaura Murillo-Rohde born
September 12	<b>1971</b> Lillian Wald inducted Hall of Fame <b>1983</b> <u>Florence Blake</u> died
September 13	<b>1854</b> Dita Hopkins Kinney born in New York City
September 14	<b>1897</b> Margaret Sanger born in Corning NY
September 18	<b>1912</b> Amelia Leino born in Three Town, WY
September 20	<b>1886</b> Sr Elizabeth Kenny born in Warialda, Australia
September 21	<b>1906</b> Lydia Eloise Hall born in New York City Yom Kippur
September 22	<b>1969</b> Am. Assoc. of Cardiovascular Nurses formed; later: AACN
September 30	<b>1966</b> Congress authorizes commissions in Regular Army for male nurses <b>1984</b> 1st AAHN Nursing History Conference <i>Rosh Hashana</i>

## October in Nursing History



**1902** Lina Rogers, of Henry Street Settlement, becomes first school nurse.

**1873** Connecticut Training School admitted first class

**1874** Linda Richards became night superintendent at Bellevue; started practice of keeping records and writing orders.

**1899** Hospital Economics course offered at Teachers College

**1889** Johns Hopkins Training School opened

October 1	<b>1873</b> Linda Richards graduated New England Hosp. <b>1900</b> AJN 1st published
October 2	<b>1948</b> Adelaide Nutting died <b>1869</b> Clara Noyes born <b>1903</b> Lulu W. Hassenplug born
October 4	<b>1922</b> Sigma Theta Tau formalized
October 11	<b>1915</b> Edith Cavell executed
October 24	<b>1955</b> Anna Eldredge died



## Walt Whitman - Civil War Nurse

“Walt Whitman, a male nurse who cared for the Civil War wounded in Washington, D.C., was born on May 31, 1819, in West Hills, New York, a village near Hempstead, Long Island. He was the second son of Walter Whitman, a house builder, and Louisa Van Velsor.

In 1855, while working as a journalist, he self-published the first edition of *Leaves of Grass*, which consisted of twelve untitled poems and a preface. During his subsequent career, Whitman continued to refine the volume, publishing several more editions of the book. At the outbreak of the Civil War, he visited the wounded at New York-area hospitals. He then traveled to Washington, D.C. in December 1862 to care for his brother who had been wounded in the war.

Whitman began his career as a male nurse while in the battle zone at Fredericksburg, Virginia, where he found his brother recovering from a superficial facial wound. He was greatly moved by the suffering of the wounded men in the battlefield hospital and volunteered to work as a nurse. He quickly earned the trust and respect of the doctors on the battlefield.

On his trip back from Fredericksburg to Washington, right after a somber New Year's Day 1863, Whitman was put in charge of a trainload of casualties who had to be transferred to hospitals in the capital. While the wounded were being moved from a train to a steamboat for the trip up the Potomac, Whitman wandered among them, writing down their messages to their families, promising to send them, comforting the soldiers with his calm and concern. Perhaps by the time he got to Washington, determined to stay a few days in order to visit wounded soldiers from Brooklyn, he already knew at some level that he would have to remain there for the duration of the war. Overcome by the suffering of the many wounded in Washington, Whitman decided to stay and work in the hospitals for the duration of the war. He always insisted that he gained more from the soldiers than they received from him; he considered those years of hospital service "the greatest privilege and satisfaction . . . and, of course, the most profound lesson of my life."

"The Wound Dresser," one of Whitman's "Drum Taps" poems, describing his service as a nurse during the Civil War, has been described as "an eloquent and passionate celebration of caring, certainly one of the canons of poems about nursing. For those who argue that nurses and physicians ought to develop detachment and 'clinical distance,' this poem is a kick in the pants."

After his death on March 26, 1892, Whitman was buried in a tomb he designed and had built on a lot in **Harleigh Cemetery, Camden, New Jersey.**

### Sources:

<https://www.aahn.org/whitman>

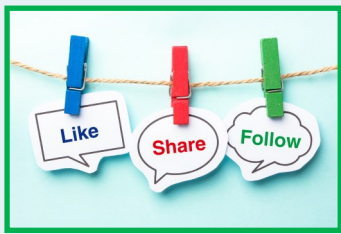
Walt Whitman [Gravesite](#)

Walt Whitman Biography, Academy of American Poets

"[Walt Whitman](#)" by Ed Folsom and Kenneth M. Price



If you have any questions, comments, or suggestions for NJSNA Region 4 Monthly Notes on Nursing, email Melissa Sherman, VP Communications at [mshermanrn@yahoo.com](mailto:mshermanrn@yahoo.com)



**Please check us out on:**



### **Interesting Fact!**

On average, nurses walk nearly four to five miles every 12 - hour shift, double the distance of most other professions!



## **Swift Action to Contain Monkeypox Needed** **As Seen in NJSNA Nurses Weekly**



“The Department of Health and Human Services (HHS) Secretary Xavier Becerra has declared the monkeypox outbreak to be a public health emergency. The American Nurses Association (ANA) supports this declaration, which will help deploy focused attention and critical resources to contain the nationwide outbreak. ANA stands ready to help disseminate evidence-based information to both nurses and the public, and to counter misinformation and mitigate stigma about the virus.

Heeding the many lessons learned from COVID-19, ANA calls for swift action and effective collaboration among federal, state and local officials to ensure nurses and all health care professionals have the highest level of protection and preparation to respond. This must include enough personal protective equipment and medical supplies, as well as clear guidance on case identification, screening, testing protocols, and equitable access to vaccines to provide nondiscriminatory and safe care to infected patients. ANA urges nurses, all health care professionals, and the public to follow the guidance of credible public health officials on the monkeypox outbreak in their community.”

To read this article, click [HERE](#)



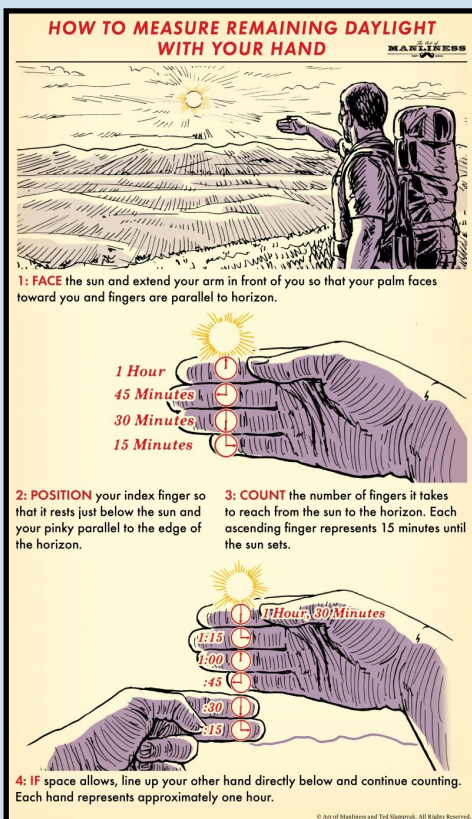
Please click [HERE](#) for a listing of the Partnership’s Professional Education Programs that are coming up and feel free to share with any colleagues who may be interested.

Happy Halloween!



## How to Measure Remaining Sunlight With Your Hands

As there is decreased daylight during the Fall, [HERE](#) is a fun, unique way to measure daylight with your hand!



## The Best Hospitals in NJ

Region 4 congratulates these NJ hospitals on being recognized as the *top* hospitals in NJ.

“U.S. News evaluated 98 hospitals in New Jersey. Fifteen meet high U.S. News standards and are ranked in the state. U.S. News also ranked hospitals in the [New York](#) and [Philadelphia](#) metro areas. The number 1 hospital in New Jersey is Morristown Medical Center. See also [Best Children's Hospitals in New Jersey](#).”

Special recognition given to Robert Wood Johnson University Hospital, which is located in Region 4’s Middlesex County!

Click [HERE](#) to read the entire list.



## Recognizing Excellence in Diagnosis: Recommended Practices for Hospitals

Per The Leapfrog Group, “Recognizing Excellence in Diagnosis: Recommended Practices for Hospitals is a landmark report the result of an intensive year-long effort bringing together the nation’s leading experts on diagnostic excellence, including physicians, nurses, patients, health plans, and employers. Together, the multi-stakeholder group reviewed the evidence and identified 29 evidence-based actions hospitals can implement now to protect patients from harm or death due to diagnostic errors.” You can download the report’s PDF below:

[Recognizing Excellence in Diagnosis Report.pdf \(leapfroggroup.org\)](#)







## **The IFN 2023 C.A.R.E.S. Award**

The IFN will be hosting the 2023 C.A.R.E.S. Award on 4/7/23 at the Pines Manor, Edison, NJ

The awards are made in recognition of nursing excellence in five categories:

**C:** Clinical Practice

**A:** Administration

**R:** Research

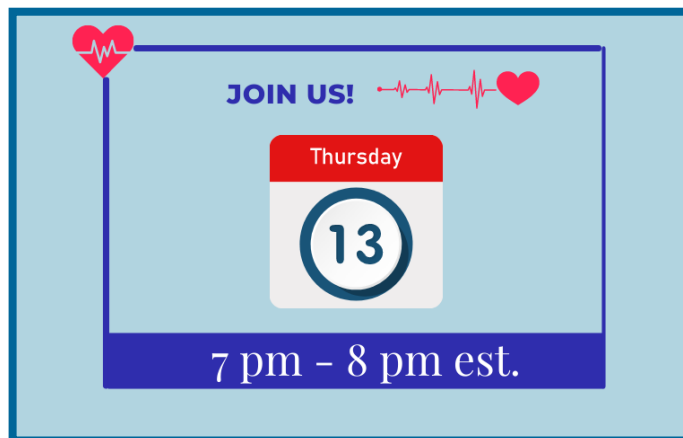
**E:** Education

**S:** Support

Please honor an outstanding nurse and colleague by nominating them for the 2023 C.A.R.E.S Award!

For more information, contact Debra Harwell at [deb@njsna.org](mailto:deb@njsna.org) or click [HERE](#)

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**Our next Region 4 monthly online meeting will be on  
Thursday, 10/13/22 at 7:00 pm**

**Contact Maureen at [mgallagher@tesu.edu](mailto:mgallagher@tesu.edu)  
to obtain the link & agenda.**



## **NJSNA Region 4 Annual Virtual Meeting** **November 10, 2022**

The annual meeting education event will focus on the academic and practice impact of the new NCLEX format.. It will include a panel of experts discussing the Next Gen NCLEX. The goal is to provide contact hours for attendees on 11/10/22.

Additional information to follow!

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### **Trail Riding Returns at Mercer Stables!**

Perhaps a 45-minute guided trail ride around the Mercer Stables property is just what you need. The rides are for ages 12 and up; adults are welcome too! This is a relaxing walk-only trail ride. Previous riding experience is not necessary but riders must be able to control the horse. At the management’s discretion, riders may be lead for the rider's safety. Weight Restrictions: 220 lbs. max weight limit, weigh-in will be required by all participants. Participants must be physically able to get on and off the horse without assistance. Boots are preferred; no open-toed shoes, ballet flats, thin sneakers (like Vans/Converse) or tight clothing. Wearing a riding helmet is required (provided by MCS). Please allow for some extra time before and after your scheduled trail ride. One adult from the same family must register with minors. Additional policies will be explained when making your reservation.

Trail Riding at Mercer Stables starts Saturday, Oct. 1, 2022 and runs to mid-May 2023.

Times: Mondays – 10:30 a.m.

Wednesdays- 10:30 a.m., 1 p.m.

Thursdays – 10:30 a.m.

Saturdays- 10 a.m., 11 a.m., 1:30 p.m.

Cost: 45-minute trail ride \$45.00

\*Actual time may vary by a few minutes depending on how fast or slow the horses walk.

Age Requirement: 12 years old and up. Weight Restrictions: 220 lbs. maximum

Reservations begin at 9 a.m. on Sept. 12. Phone-in reservations only. Reservations are required to participate. To reserve a trail riding spot, please call 609-730-9059 x401.

Please have your Community Pass account set up before calling to make your reservation.





# The Biden-Harris Administration's Student Debt Relief Plan Explained

Per the Federal Student Aid site (an office of the US Department of Education), *what the program means for you, and what comes next...*

President Biden, Vice President Harris, and the U.S. Department of Education have announced a three-part plan to help working and middle-class federal student loan borrowers transition back to regular payment as pandemic-related support expires. This plan includes loan forgiveness of up to \$20,000. Many borrowers and families may be asking themselves “what do I have to do to claim this relief?” This page is a resource to answer those questions and more. There will be more details announced in the coming weeks.

To be notified when the process has officially opened, sign up below:  
[Department of Education subscription page](#). You'll have until Dec. 31, 2023 to apply.

Please refer to [The Biden-Harris Administration's Student Debt Relief Plan Explained \(studentaid.gov\)](#) for additional information.

## How Did the Months Get Their Names?



"Thirty days hath September, April, June, and November, all the rest have thirty-one." And then, of course, there's February, which has either 28 or 29 days, depending on the year. So, we know how many days are in the months, but do you know how they got their names? Some months follow a similar structure, while others seemingly come out of nowhere. The names of the months were set in Ancient Rome, some 2,000 years ago. They went through a few changes in those earlier days, and there are clues that allude to that in the current names. As with most things in the ancient world, some months were heavily influenced by the gods, and the rest were named based on the order in which they fell..."

To read the entire article, click [HERE](#)

## From Polio to COVID — the Evolution of Intensive Care

Per The Pulse: NPR radio, “The modern ICU, or Intensive Care Unit, was born out of a time of crisis. It was 1952, and polio was raging in many places — especially the city of Copenhagen. Patients poured into the hospitals, many of them gasping for air, turning blue, and eventually dying. Then a brilliant doctor tried a radically different approach — pumping air directly into patients’ lungs. It was an idea that would require intensive manpower, but save many lives. And it led to the birth of a new kind of medicine: intensive care.

Seventy years later, ICUs sit at the cutting edge of modern medicine. They’re the destination for the sickest patients — including those who’re hovering at death’s door — and home to some of medicine’s most profound interventions. ICUs can be a place of pain and healing, of comfort and dying, a laboratory for innovation, or a sanctuary for grieving families.

On this episode, intensive care is examined — its roots, what it’s like to work there, and how the coronavirus pandemic has changed it. Also heard on this episode: Journalist Daniel Semo tells the story of Anesthesiologist Bjorn Ibsen — the brilliant doctor who ushered in a new era in medicine.”

To listen to this Podcast, click [HERE](#)



## Nurses House

“Nurses House is a nurse-managed, non-profit organization dedicated to helping registered nurses in need. Our history begins in 1924, when Nurses House began to offer nurses a place to rest and recuperate at a Long Island, NY beachfront mansion, donated by Emily Bourne. As times and needs changed, the property was sold and Nurses House became a national service program.

Today, Nurses House is run by a volunteer board of directors and an executive director. Our mission is to provide short-term financial assistance to nurses in need as a result of illness, injury, or disability. And while it is often difficult for nurses to ask for help in their hour of need, they who live their lives giving “little unremembered acts of kindness and love” deserve extra special care. At Nurses House, we remember... and we’re here to help.

The nurses we serve are still known as guests and are a very diverse group, ranging in age from their 20s to 80s. While some Nurses House guests face short term illness or injury, others are permanently disabled. Many nurses need funds to help pay for such basic needs as rent or mortgage, health insurance or prescriptions. Some face imminent eviction.

Nurses House has helped thousands of nurses in all 50 states to regain health and productivity. Over the past three years, we’ve helped nearly 300 nurses, with grants totaling over \$350,000. That’s an admirable record, but the truth is, we can’t keep pace with the ever-increasing demand. Nurses House is always seeking donations from the nursing community in order to meet the needs of our guests.

### **WHY IS THE DOLPHIN THE SYMBOL OF NURSES HOUSE?**

The dolphin has been the symbol of Nurses House ever since, long ago, Nurses House was a respite place for nurses on Babylon, Long Island. A dolphin fountain graced the property and became a symbol for nurses helping nurses.

Dolphins have long been known for being gentle creatures who show care and compassion for their own kind. When a member of a dolphin pod is sick the rest of the pod members come to its rescue and surround it, sometimes lifting it for days at a time, until it recovers the strength to swim on its own. Nurses are able, through Nurses House, to do the same for their colleagues.”

Click [HERE](#) for more information.





## **Region 4 needs you!!**

Region 4 would like to offer you the opportunity to volunteer for the following positions:

President Elect

Secretary

VP of Communications

VP of Policy and Practice

VP Nominations and Elections

Member at Large- Mercer County

Member at Large Middlesex County

These positions are two-year terms and will enable you to grow both professionally and personally. I have learned a great deal as President of Region 4 for the past three years and have made wonderful connections and friendships. I am so grateful that President Elect Kari Mastro PhD, RN, NEA-BC will assume the role of President in January.

You can find more information about each position in the NJSNA Region 4 microsite <https://njsna.org/regional-site/region-4/> in the resources tab -> bylaws

You can also contact me at [mgallagher@tesu.edu](mailto:mgallagher@tesu.edu) or Regina Adams VP of Nominations and Elections at [reginaadams73@aol.com](mailto:reginaadams73@aol.com)

We need your nomination by October 1. More details will be forth coming on the voting time frame. The terms start on January 1, 2023.

Region 4 looks forward to working with you,

Maureen Clark-Gallagher

**Upcoming Virtual Schwartz Round (VSR) in October! These sessions were designed specifically for NJ's amazing nurses!  
Please join them for fall's upcoming event:**



## October

Session details:

**Theme:** "Navigating Moral Injuries in the Workplace"

**Time & Date:** 12pm-1pm | October 13, 2022

**Targeted Audience:** All Nurses

**\*VSR Offers 1 contact hour per session.**

Once you register you will receive a confirmation email with the zoom link.

[Learn more about NJ-NEW and their events:](https://njnew.org/)

<https://njnew.org/>

<https://njnew.org/events/>

If you have any questions, please email us at [coordinator@njnew.org](mailto:coordinator@njnew.org)





## September in Other Languages:

- Chinese (Mandarin) - jiuyuè
- Danish - september
- French - septembre
- Italian - settembre
- Latin - September
- Spanish - septiembre

## Historical Names:

- Roman: September
- Saxon: Halegmonath (Month of festivals)
- Germanic: Herbst-mond (Autumn month)

## Interesting Facts about September:

- It is the first month of the Autumn or Fall season.
- [Constitution Week](#) takes place during the month of September.
- September in the Northern Hemisphere is similar to March in the Southern Hemisphere.
- American college and professional football begins during the month of September.
- Many kids begin the school year during this month.
- Teacher's Day is celebrated in India on September 5.
- The [Anglo-Saxons](#) also called this month Gerst Monath meaning barley month. This is because they would harvest their barley crops during this month.
- September is often associated with fire because it was the month of the Roman god Vulcan. Vulcan was the Roman god of fire and the forge.

## Symbols of September:

- Birthstone: Sapphire
- Flower: Aster
- Zodiac signs: Virgo and Libra



## October in Other Languages:

- Chinese (Mandarin) - shíyuè
- Danish - oktober
- French - octobre
- Italian - ottobre
- Latin - October
- Spanish - octubre

## Historical Names:

- Roman: October
- Saxon: Wintirfyllith
- Germanic: Wein-mond (Wine month)

## Interesting Facts about October:

- It is the second Autumn month.
- National Fire Prevention Week falls during the week of October 9 each year. It commemorates the [Great Chicago Fire](#) of 1871.
- October in the Northern Hemisphere is similar to April in the Southern Hemisphere.
- The leaves of trees often begin to change their colors during this month.
- The World Series for Major League Baseball generally takes place during October.
- The National Basketball League (NBA) and the National Hockey League, (NHL) begin their seasons in October.
- There are many health observances that have October as their national month. These include Healthy Lungs, Breast Cancer, Lupus, Spina Bifida, Blindness, and Sudden Infant Death Syndrome (SIDS).
- The United Kingdom celebrates the 21st as Apple Day.

## Symbols of October:

- Birthstone: Opal and pink tourmaline
- Flower: Calendula
- Zodiac signs: Libra and Scorpio



## 10 Interesting Facts About Nurses

### Spok Blog Post

1. Despite the intense challenges the pandemic placed on the clinician's emotional well-being, [nurses still consider it their calling](#): A survey in the American Nurse Journal reveals that 80% of those polled would still become a nurse if they had to choose all over again. Though down slightly from previous years, this rate has stayed relatively consistent over the previous two years as well, noting that the pandemic has not shifted their dedication.
2. There are about as many nurses in the U.S. as there are people in Los Angeles: There are more than [3.8 million nurses](#) nationwide. Roughly 80% are registered nurses (RNs), and the remaining 20% are licensed practical nurses (LPNs). Additionally, there are over [325,000 nurse practitioners](#) licensed in the U.S. According to the American Association of Colleges of Nursing, nurses also comprise the largest segment of hospital staff, are the primary providers of hospital patient care, and deliver most of the nation's long-term care.
3. Nurses, nurses EVERYWHERE....they [aren't just in hospitals](#): About 60% of employed registered nurses work in hospitals. Nurses also work in physicians' offices and clinics, public health, home health, research labs, military bases, war zones, health IT, and many other areas.
4. Nursing continues to remain the most trusted profession: Nurses have stayed at the top of Gallup's annual honesty/ethics poll for two decades (since 2001). In the [most recent survey in 2021](#), 81% of respondents rated nurses as very high or high when it comes to being honest and ethical, the profession's highest ratings to date. Doctors were second (67%), grade-school teachers third (64%), and pharmacists fourth (63%).
5. Nursing is one of the top-ranked occupations: U.S. News & World Report's [100 Best Jobs](#) are ranked on their ability to offer a mix of positive qualities. These jobs pay well, are challenging, offer room to advance, and provide a satisfying work-life balance. The list included several nursing positions, including nurse practitioner (#2), registered nurse (#12), and nurse anesthetist (#19).
6. Nursing continues to have fast job growth rates: The Bureau of Labor Statistics (BLS) projects a 9% growth rate for registered nurses from 2020 to 2030. An average of about 195,000 openings for registered nurses are projected each year over the next decade.

To read the entire blog post, click [HERE](#)



## Time for a Laugh!

When I eat too much dessert, I don't post about it on Facebook

Because if it isn't charted, it didn't happen.



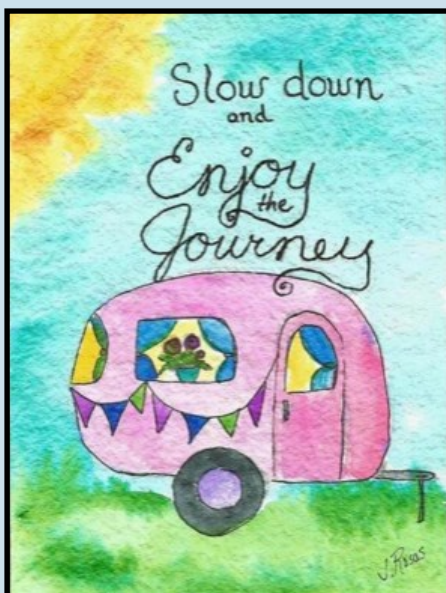
## Self-Care Strategies for Resilience

- Start a gratitude journal 
- Prepare your favorite food 
- Make your space comfy and cozy 
- Video chat with your best friends 
- Set boundaries with your media consumption 
- Make a playlist of your favorite songs (and share with your friends) 

Self-Care is a priority and necessity - not a luxury - in the work that we do.

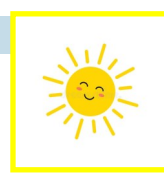
"... I always think that what we need is sunshine and fine weather and blue air as the most dependable remedy."

To Theo van Gogh, Arles, 29 September 1888



*breathe*

## Well - Being Resources

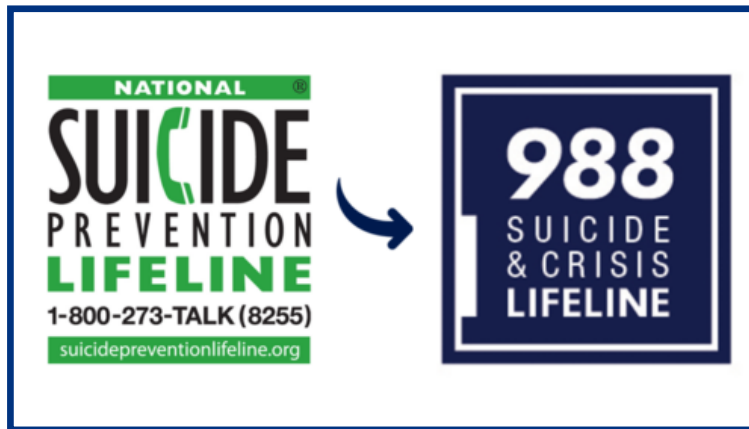


Healthcare professionals can call the NAMI Helpline at 800-950-NAMI OR in a crisis, Text “NAMI” to 741741.

To learn more about NAMI’S resources visit their website by clicking [HERE](#)

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## The National Suicide Prevention Lifeline is now: 988 Suicide and Crisis Lifeline



**988** has been designated as the *new* three-digit dialing code that will route callers to the National Suicide Prevention Lifeline. While some areas may be currently able to connect to the Lifeline by dialing 988, this dialing code will be available to everyone across the United States.

For more information, click [HERE](#)

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As nurses, we encounter life and death situations that often leave us feeling overwhelmed, helpless and alone.

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