

Of NOTE

A MAJOR FOCUS OF ROTARY.....

is to promote Mental Health. Mental Health is a growing concern not only for Rotarians but also for all people and organizations in service to humanity. Rotary is actively working with The National Institute of Mental Health to inform Rotary Clubs to share information in answer to this question:

What should you do if you suspect someone is contemplating suicide?

The National Institute of Mental Health offers five action steps for helping someone in emotional pain:

- 1. Ask them directly, "Are you thinking about suicide?"**
- 2. Keep them safe by reducing their access to potentially lethal items or places.**
- 3. Be there. Listen to their feelings and acknowledge what they are saying.**
- 4. Help them connect to a suicide crisis line or to someone they trust.**
- 5. Stay connected, follow up, and keep in touch after a crisis.**

If you or someone you know is considering suicide, contact the 988 Suicide & Crisis Lifeline in the U.S. by calling or texting 988 or going to [988lifeline.org](https://www.988lifeline.org). If you are outside the U.S., visit [findahelpline.com](https://www.findahelpline.com) to get connected with a service in your country.

White Plains



Norman D. White President

Nov. 21, 2023 at 12:15 PM

White Plains, N.Y. Public Library

November - Rotary Foundation Month

Good Afternoon

PRE/POST-MEETING ARRANGEMENTS - *Joe Rende*

RECEPTION DESK - *Jonathan Schere*

GREETER - *George Kontogiannis*

WELCOME - *Norman White*

PLEDGE OF ALLEGIANCE - *All*

MUSIC - *All*

THOUGHT FOR THE DAY - *Cyrille Betant*

INTRODUCTIONS - ROTARY SONG - *Ted Weitzenberg*

ANNOUNCEMENTS - *Norman White et.al.*

HAPPINESS & RAFFLE - *Peter DeNicola*

SCRIBE - *Heather Miller*

MEETING ASSIGNMENTS - *Karl Milde*

ZOOM COORDINATOR - *Ted Nygreen*

PRODUCER - EDITOR - *Andrew Morzello*

RCWP Zoom ID: 706 254 2571

Passcode: 4waytest



White Plains

ROTARY

1919 - 2023



TODAY



Dr. Joseph Ricca

W.P. Superintendent of Schools

