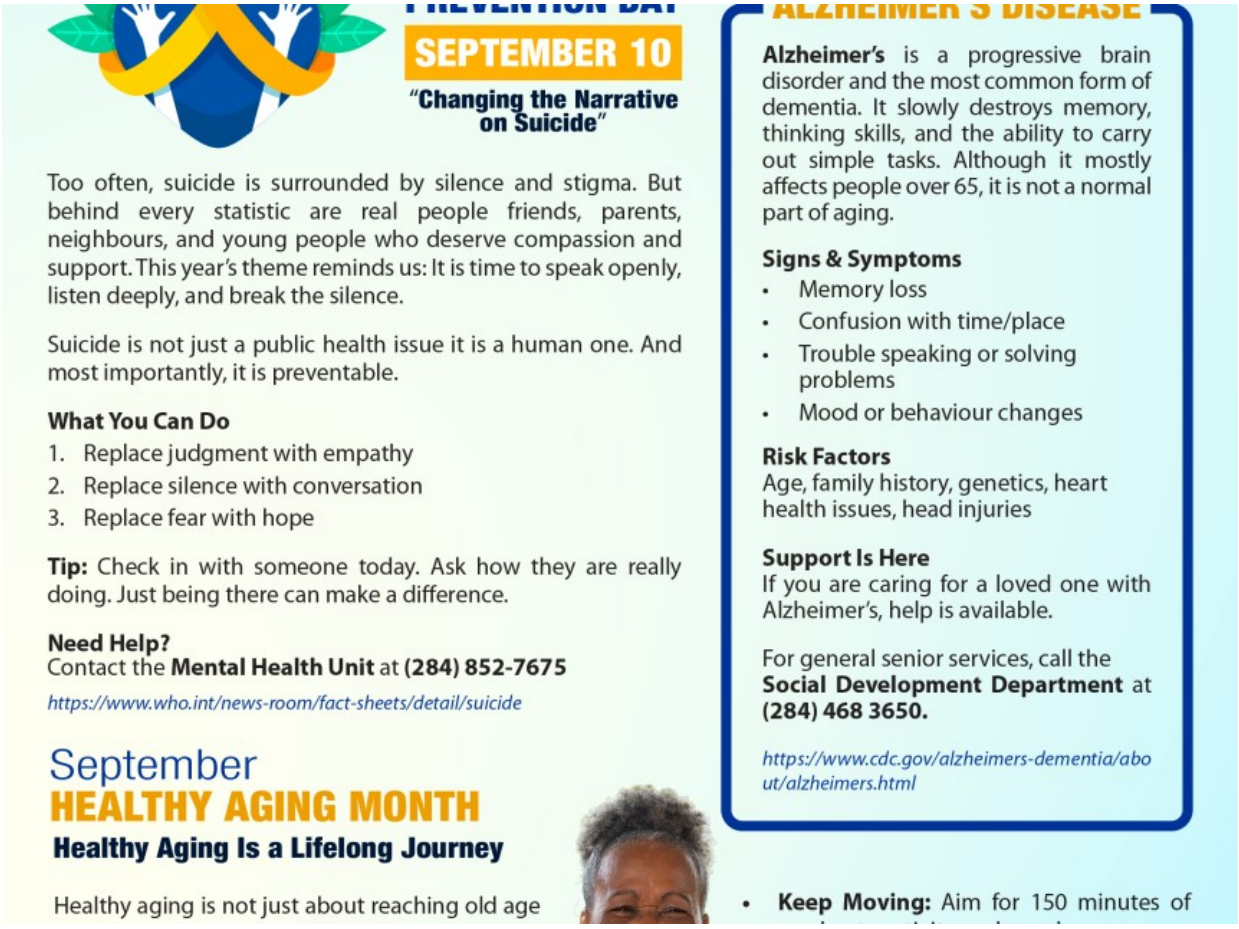
GOVERNMENT OF THE VIRGIN ISLANDS

FLYER/POSTER

Tel: (284)468-2730
Official Government Website:
https://gov.vg

September Newsletter

Release Date: 15 September, 2025



September is Suicide Prevention Awareness Month

World Suicide Prevention Day – September 10

Theme: *“Changing the Narrative on Suicide”*

Too often, suicide is surrounded by silence and stigma. But behind every statistic are real people friends, parents, neighbours, and young people who deserve compassion and support.

This year’s theme reminds us: It is time to speak openly, listen deeply, and break the silence.

Suicide is not just a public health issue it is a **human** one. And most importantly, it is **preventable**.

 What You Can Do

- Replace judgment with empathy
- Replace silence with conversation
- Replace fear with hope

Tip: Check in with someone today. Ask how they are *really* doing. Just being there can make a difference.

 Need Help?
Contact the **Mental Health Unit** at **284-852-7675**

September - Healthy Aging Month

Healthy Aging Is a Lifelong Journey

Healthy aging is not just about reaching old age it is about how well we live at every stage of life. As we grow older, our physical, mental, and emotional needs change. But aging doesn’t have to mean slowing down. With the right habits and support, older adults can continue to lead **active, independent, and meaningful lives.**

Those managing chronic illness, limited mobility, or mental health challenges **you are not alone. Your journey is valid, and support is available.** Healthy aging includes every experience, not just the easy ones. Talk with your healthcare

provider about what is right for you.

1. **Eat Well** – Choose healthy, whole foods and drink plenty of water.
2. **Keep Moving** – Aim for 150 minutes of moderate activity each week.
3. **Get Check-ups** – Routine visits help detect issues early and manage health risks.
4. **Protect Your Brain** – Memory changes are normal, but dementia is not. Stay mentally active, rested, and socially connected.

https://www.dhs.gov/employee-resources/news/2022/09/06/healthy-aging-month

Understanding Alzheimer's Disease

Alzheimer's is a progressive brain disorder and the most common form of dementia. It slowly destroys memory, thinking skills, and the ability to carry out simple tasks. Although it mostly affects people over 65, it is **not** a normal part of aging.

Signs & Symptoms

- Memory loss
- Confusion with time/place
- Trouble speaking or solving problems
- Mood or behaviour changes

Risk Factors

Age, family history, genetics, heart health issues, head injuries

Support Is Here

If you are caring for a loved one with Alzheimer's, help is available. For general senior services, call the **Social Development Department** at **(284) 468-3650**.

For Additional Information Contact:

Natasha Lettsome-Humphrey
Public Health Communications Specialist
Ministry of Health and Social Development
Telephone: 468-2286

Email: nlettsome@gov.vg