At the Heart of Wellness
With McCall & Help

You Will Never Walk Alone

The global pandemic seems as if it has been with us forever. The past year has been a challenging and difficult experience for all. At times it seemed as if normally would never again be possible, that hope had been completely extinguished. But now, as spring begins again, with more than half of all Connecticut residents on their way to being fully vaccinated, we are close to breathing our first collective sigh of relief. Rules and restrictions are relaxing and there is hope in the air. While maintaining and promoting safety, it is equally important that we give ourselves permission to celebrate the great progress that is being made, recognize our part in that progress, and look to the future with hope and assurance.

Suicide Rates Drop 17% in CT

The Journal of the American Medical Association (JAMA) recently published a report on the leading causes of death in 2020 in the U.S. The report showed a 5% decrease in suicide deaths, the only cause of death that decreased. In Connecticut, we saw a 17% decrease, three times greater than the national average. Surprising even the experts, the 18-24 age group saw the greatest decrease in suicide death similarly among all races. The drop may be due to suicide prevention programs, such as Zero Suicide here in CT and mental health promotion. It may also be explained through the support of a collective human experience. Suicide bloggers have observed this same drop in suicide deaths during times of trauma and catastrophe (war, fire, disease etc). There seems to be a sense of community, after a disaster, helping people to feel part of something, looking externally, and helping their pain to become more tolerable.

Give Yourself Grace

As we slowly return to normal, we need to be aware of our own emotions and those of our loved ones. For both adults and children who experience anxiety or have become used to being at home, returning to work, school, or social situations may bring uncomfortable feelings. For every parent, the wellbeing of their children is what matters most. We try to be aware of anking triggers and try to bring comfort, but we cannot always know everything that our children are going through. We make mistakes, we misjudge, indeed sometimes we fail. We are only human after all.

Keep in mind that when we are hard on ourselves and focus only on our failures or deficiencies, we are worse off. If we speak to ourselves kindly and allow ourselves grace and forgiveness, we will be better parents, partners, friends, employees, and neighbors. Remember you do not have to walk alone. If you or a loved one needs help, we are only a phone call away. To find out how McCall can help, call (860) 496-2100.

Thank You Give Local Donors!!

The Give Local Greater Waterbury and Litchfield Hills 2021 Giving Campaign is an annual event that raises funds for local nonprofits. In just 36 hours 6,753 donors gave over $2 Million dollars to 282 local nonprofits this year, including McCall and Help.

While the final tally is not yet in, as of this writing, we are happy to report that McCall raised $4,840 and Help raised $1,100. McCall funds will go to local families in need and the money raised for Help will provide wellness opportunities for clients.

Follow our social media accounts over the next few months to see the results of your generosity. A very genuine thanks from the bottom of our hearts to each of you for making this such a success.

Did you Miss our WZBG Interview?

Click on the link to hear this month’s interview on WZBG 97.3 with Dale Jones and Maria Graziano Skinner, LCSW, CEO at the McCall Center for Behavioral Health. Tune in on the 3rd Wednesday of every month at 8:20 to hear us in real-time.

Make a difference in someone’s life and support McCall today.

Our mission is to provide comprehensive integrated substance abuse and mental health treatment to help people lead healthier and more productive lives.

Your donation will directly support our prevention, recovery and community programs and help us provide clients with the support they need regardless of their ability to pay. Click here to donate today!