

NATIONAL IMMUNIZATION AWARENESS MONTH

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TIMELINE OF VACCINE DEVELOPMENT

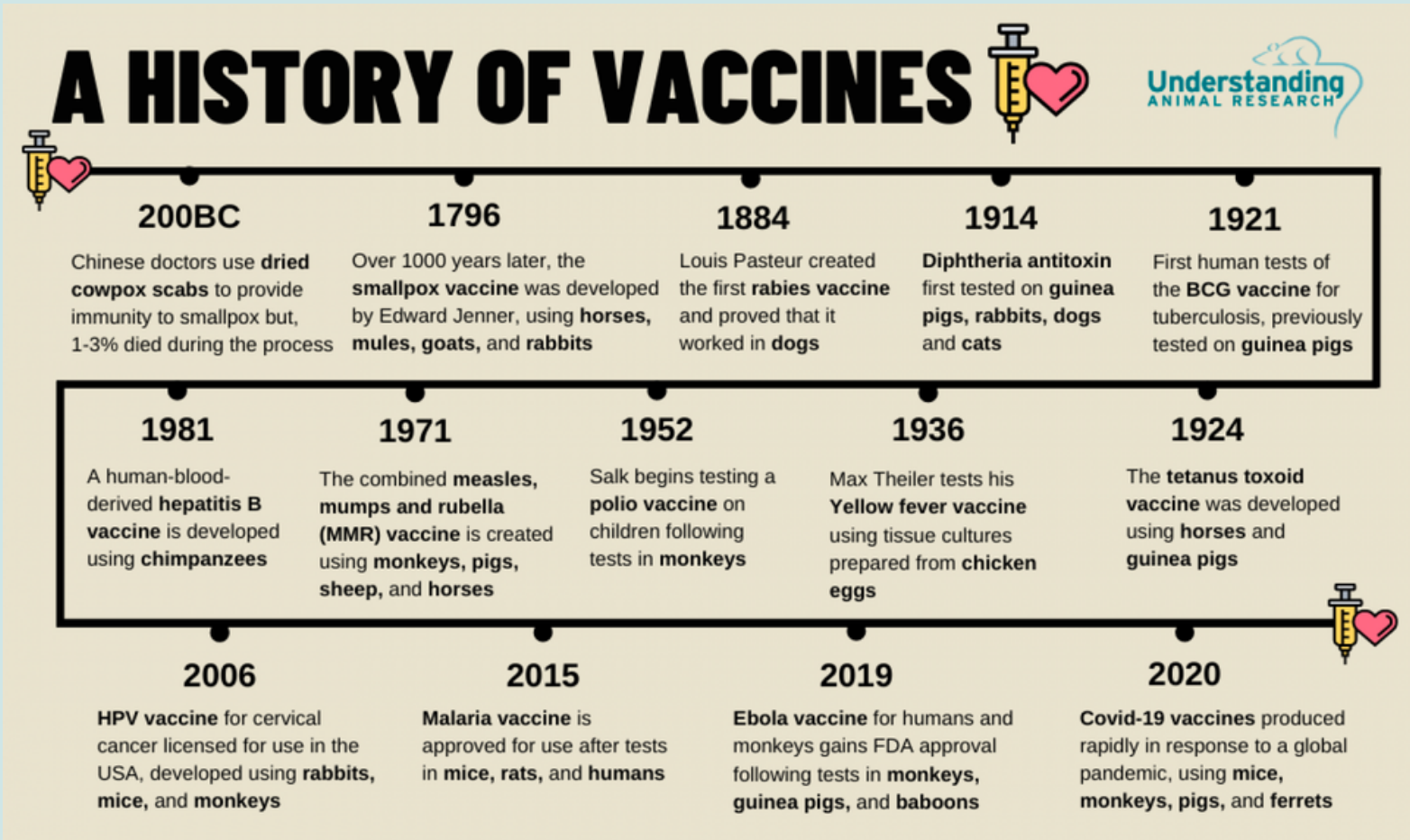


Image Source: (<https://www.understandinganimalresearch.org.uk/resources/infographics/>)

For more information on vaccines such as

- How are they made
- Ethical Issues
- Common Misconceptions
- The future of Immunizations

Please visit <https://historyofvaccines.org/>



Need help finding a clinic offering the Flu or COVID-19 vaccines?

Use [Vaccines.gov](https://www.vaccines.gov/) to find a location near you, then call or visit their website to make an appointment.

SEPTEMBER IS

SUICIDE PREVENTION AWARENESS MONTH



#BETHE1TO

We can all help prevent suicide. Every year, the Lifeline and other mental health organizations and individuals across the U.S. and around the world raise awareness of suicide prevention during September, National Suicide Prevention Month.



#BeThe1To is the 988 Suicide & Crisis Lifeline's message for National Suicide Prevention Month and beyond, which helps spread the word about actions we can all take to prevent suicide. The Lifeline network and its partners are working to change the conversation from suicide to suicide prevention, to actions that can promote healing, help and give hope.

SOURCE: <https://988lifeline.org/promote-national-suicide-prevention-month/>

RESOURCES

If you or someone you know is in need of help:

Call or text 988 to reach a suicide & crisis lifeline

Text NJ to 741741 for free, 24/7 crisis support

NJMentalHealthCares is New Jersey's behavioral health information and referral service. Behavioral care specialists are available from 8:00am to 8:00pm, Monday through Friday.

866-202-HELP

866-202-4357

877-294-4356 (TTY)



Alan Mind Self-Care Journal is an interactive journal that is known to guide you toward feeling calmer, happier, and more present.

[Click here for more info!](#)

Wysa is a cute penguin, AI friend, that you can chat with for free. Track your mood with friendly chats and help fight stress and anxiety with proven techniques and calming meditation and mindfulness audios.

[Google Play](#) [Apple](#)

Click here to use the NJ interactive map to find a nature trail near you!