

22 Every 22 Challenge

NATIONAL MENTAL HEALTH AWARENESS WEEK 2017

Suffolk County Community College

Monday, October 2nd at

Eastern Campus: 121 Speonk Riverhead Rd. (Peconic Bldg), Riverhead

Wednesday October 4th at

Ammerman Campus: 533 College Rd. (Veterans Plaza), Selden

&

Michael J. Grant Campus: Crooked Hill Rd. (Captree Commons), Brentwood

All 3 campus events will be during common hour: 11 am – 12 pm

Purpose: To promote awareness of the issues surrounding veterans suicide as well as healthy ways to promote positive mental health through physical health and wellness. Our goal is provide important resources to student veterans and peers on organizations providing physical health and wellness programs. The "22" number was part of a statistic that was originally released through a case study done by the Department of Veteran Affairs in 2012, but since then have release an updated study showing the rate had fallen to "20" veteran suicides per day.

1 suicide is 1 too many

Activity: We will do 22 push-ups every 22 minutes. In between, sponsoring organizations will speak for a few minutes either sharing a personal story or talking about some of the programs that are offered and how physical health and wellness has changed their outlook on life and the impact it has had on their life. Veteran resource tables will be on display to hand out organization and community information. The challenge is not just do push-ups but to explain the concept of a buddy check, battle buddy, or wingman, as well as to help dispel misconceptions of talking about suicide, and remove the stigma from asking for help.

For more information, contact Shannon O'Neill, (631) 451-4869 Email: oneills@sunysuffolk.edu or Marcelle Leis, (631) 946-0147 Email: mleis@mhaw.org

PRESENTED BY:

