



September 2025 - Newsletter

September 2025 National Suicide Prevention Month



Recognizing National Suicide Prevention Month and Substance Abuse Recovery Month

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As we step into September, we at Thaar Care Foundation are dedicated to raising awareness about two critical issues affecting our communities:

National Suicide Prevention Month and National Substance Abuse Recovery Month.

These observances remind us of the importance of mental health and the challenges faced by individuals struggling with addiction and suicidal thoughts.

Make a Difference 2025

Are you a person who often asks, "What can I do?" when it comes to mental health and suicide prevention? We at Thaar Care Foundation believe that every single one of us has a role to play, and we're inviting you to join us.

Our mission is to **advocate for those who need mental health assistance but may not be able to afford it.** We believe that financial hardship should never be a barrier to getting the care you deserve. We raise money to provide crucial services, including counseling and mental health support, to those in our community who need it most.

Understanding and Recognizing the Signs Warning Signs of Addiction

Recognizing the signs of substance abuse is crucial for intervention.

Here are some key warning signs:

- *Increased Tolerance*: Needing more of the substance to achieve the same effect.
- *Withdrawal Symptoms*: Experiencing physical or psychological symptoms when not using, such as anxiety, irritability, or nausea.
- *Neglecting Responsibilities*: Failing to meet obligations at work, school, or home.
- *Social Isolation*: Avoiding friends and family; preferring to spend time alone or with other substance users.
- *Risky Behavior*: Engaging in dangerous activities while under the influence.
- *Physical Health Decline*: Noticeable changes in health, such as weight loss or poor hygiene.

Warning Signs of Suicide:

IS PATH WARM

It's vital to be aware of the warning signs that may indicate someone is considering suicide. The acronym IS PATH WARM captures these key indicators:

- **I — Ideation**: Talking about wanting to die or having thoughts of suicide.
- **S — Substance Abuse**: Increased use of drugs or alcohol.
- **P — Purposelessness**: Expressing feelings of having no meaning or purpose in life.
- **A — Anxiety**: Increased agitation or severe emotional distress.
- **T — Trapped**: Feeling trapped and in unbearable pain with no way out.
- **H — Hopelessness**: A pervasive feeling of despair about the future.
- **W — Withdrawal**: Isolating oneself from friends and family.
- **A — Anger**: Exhibiting rage or uncontrolled anger.
- **R — Recklessness**: Engaging in risky or dangerous activities.
- **M — Mood Changes**: Significant fluctuations in mood, including sadness or irritability.

Join Us for Our Annual Fundraiser

This **September 25th**, you can make a real difference by joining us for our annual fundraiser. It's an evening dedicated to bringing our community together to support a vital cause. Every dollar we raise goes directly toward providing mental health services, so your participation truly matters.

Can't attend? You can still help!

If you're unable to make it to the event, please consider making a donation. Your contribution, no matter the size, helps us continue our life-saving work.

To learn more, purchase tickets, or make a donation, please visit our website. Together, we can make a difference and build a stronger, healthier community.

Thank you for your support,

[The Thaar Care Foundation](#)

We are in your Community.

9-12-2025 6pm
Stoney Creek High School
Suicide Prevention
Mental Health Night

9/13/2025
Stoney Creek Park
Out of Darkness Walk

9/19/25
OCHN 17th Annual
Recovery Celebration

9/20/25
Fleece and Thank You
Blanket Making Day

At Thaar Care Foundation, we believe in empowering individuals to overcome their struggles with mental health and addiction.

Our commitment is rooted in compassion and support, offering various services designed to help those battling suicidal thoughts and substance use disorders.

Our Services Include:

- **Individualized Therapy:** Tailored mental health services that address unique challenges and foster healing.
- **Support Groups:** Opportunities to connect with peers who understand and share similar experiences.
- **Crisis Intervention:** Immediate support available for those in urgent need.

Resources for Help

If you or someone you know is in crisis, there are several resources available For Suicide Prevention:

- **Thaar Care Foundation:** Call 248-277-5353 for support and counseling services *(Not a crisis center hours 9 am to 9pm)*
- **National Suicide Prevention Lifeline:** Dial 988 for immediate assistance, available 24/7.
- **Crisis Text Line:** Text “HELLO” to 741741 to connect with a trained crisis counselor.

For Substance Abuse Recovery:

• **Alcoholics Anonymous (AA):** Visit aa.org or call local helplines for meetings.

• **Narcotics Anonymous (NA):** Visit na.org for resources and meeting schedules.

SAMHSA National Helpline: Call 1-800-662-HELP (4357) for information and referrals.

Recognizing National Suicide Prevention Month and Substance Abuse Recovery Month is a call to action for all of us.

Together, we can foster an environment of understanding and support that encourages individuals to seek help.

At Thaar Care Foundation, we are committed to making a difference, one

9/25/25

Taste For Life Fundraiser

Health and Wellness on the Road

We've been out and about in Macomb County recently, connecting with the community and sharing information about mental health and wellness. It was great to see so many of you at these fantastic events!

Macomb and Ferndale Pride Awareness:

We had an incredible time at both the Macomb and Ferndale Pride events. It was inspiring to be part of such vibrant celebrations of community and love. We enjoyed connecting with everyone who stopped by our table to learn more about our services.

Jimmy John's in Utica for Mental Health

Night: We also participated in a special Mental Health Night at Jimmy John's in Utica. It was a wonderful opportunity to raise awareness and provide resources in a casual, welcoming setting. Thank you to everyone who came out to support this important cause.

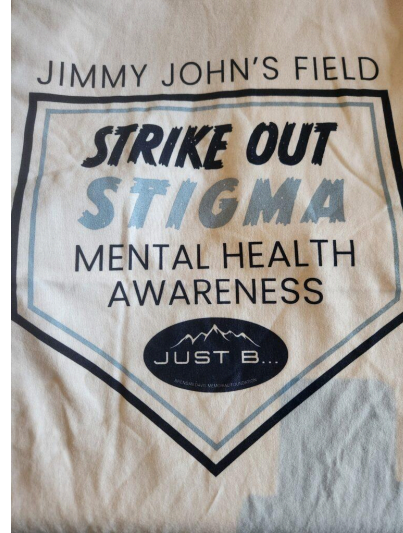
If you missed us, don't worry! Keep an eye on our social media and website for future events. We'd love for you to stop by our event table to meet our therapists and learn more about how we can support your mental health journey.



person at a time. If you or someone you know needs assistance, reach out — you are not alone.

Stay connected with us for more information and community resources.

Remember: Every life matters, and help is always available.



Connect with us!



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