

# OCTOBER WELLNESS

## FOCUSES OF THE MONTH:

### MENTAL HEALTH, CHILDREN'S HEALTH & BREAST CANCER



National Depression and Mental Health Screening Day occurs in October.

There is a variety of health care providers who can help those who have symptoms or problems. How do you know which type of mental health care provider is right for specific issues?

Click here to reach a Tufts article which outlines mental health profession definitions, and how to find the right provider:

#### [Mental Health Provider Information](#)

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It is well known that keeping children physically active will help them lead healthy lifestyles.

What may be overlooked, is that work still needs to be done on keeping the *active* children healthy and safe. Increased awareness has brought attention to the important topic of concussions in youth sports.

Click here to reach Fallon's website, and learn more about concussions:

#### [Concussions: More Serious Than You Might Think](#)

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A fun, easy way to educate children about healthy food choices is the "Go, Slow, Whoa" nutritional guideline method. Foods are placed into one of the 3 categories. For example, fruits and vegetables would fall into the "Go" category. "Slow" foods may be a bit higher in fat or calories, but may be okay in moderation. And "Whoa" foods are often low in nutrients and should be saved for special occasions. To learn more about this nutritional educational method, and for links to fun flashcards and charts,

click here to reach an article offered through the Harvard Pilgrim website:

#### [Choosing Foods For Your Family](#)

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Most likely due to earlier detection and improved treatment, The American Cancer Society reports that the breast cancer death rate is declining.

Education and awareness of risk factors have been great steps towards detection.

To assess your risk for breast cancer, click here to use the interactive tool on BCBS's *ahealthyme* website:

#### [Breast Cancer Risk Assessment](#)

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