



## Newly Insured Women's Guide – "My Health, My Voice"

"My Health, My Voice" came about because of a need: **newly-insured women are having trouble using their health coverage.** The program provides a [step-by-step guide on their website](#), and it can also be downloaded for free.

Under the "Get a Copy" tab there are additional resources including one-page flyers on different topics, a family history chart, and images for sharing on social media.



## Suicide Prevention App for Health Care Providers -



Behavioral and primary health care settings provide opportunities to connect those at risk of suicide with effective treatment. **Almost half (45%) of individuals who die by suicide have visited a primary care provider in the month prior to their death**, and 20% have had contact with mental health services.

**Suicide Safe** is SAMHSA's new suicide prevention app for mobile devices and tablets. It helps **providers** integrate suicide prevention strategies into their practice and address suicide risk among their patients. Suicide Safe is a free app based on SAMHSA's [Suicide Assessment Five-Step Evaluation and Triage \(SAFE-T\) card](#).

## Be Empowered: Know the Facts First

**Know The Facts First** is a public health awareness campaign aimed at **providing teen girls with accurate information about sexual health, sexually transmitted infections (STIs), and STI prevention** so that they can make informed decisions. With this information, teens will have the facts they need to ask the right questions, engage in healthy conversations, access the best resources, and feel empowered to protect themselves from STIs.

**About 1 in 4 teens has an STI.** That fact, and the reality that so much sexual health information is clouded in myth and confusion, led the Office on Women's Health to develop *Know The Facts First* with the National Alliance of State and Territorial AIDS Directors and the National Coalition of STD Directors.



## I Am A Witness, Anti-Bullying Campaign



More than **one in four children a year experiences bullying.** **I Am A Witness** aims to **stop bullying by activating the "silent majority" of kids who witness it each day**, transforming them from passive bystanders into an active collective that speak up against bullying. Now, taking a stand against it and showing support to someone in need can be as easy as a stroke of the keyboard.

**The heart of this campaign is the Witness Emoji.** Shaped like a speech bubble with an eye in the center, the Emoji enables kids to take a stand against bullying and show support for someone who is being bullied by posting it online or through a text message. The Emoji is **available free from the Apple App and Google Play Stores.** Kids can post the Witness Emoji when they see hurtful comments, or send GIFs and stickers to show support for someone in need. See **more components of the campaign, including PSAs from YouTube stars, on the [Ad Council website](#).**

## E-Cigarette Poisoning Infographic –

**E-Cigarettes contain a liquid nicotine solution that can be poisonous if swallowed or absorbed through the skin.**

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These products come in bright colors and appealing flavors and scents, making them particularly attractive to young children. Lethality depends on the weight of the child and the concentration of nicotine. **Ingesting less than ¼ of a teaspoon of 1.8% nicotine can be fatal to a 50 pound child.**



**Poison control centers reported a 145% increase in calls involving e-cigarettes and liquid nicotine between 2013 and 2014.** More than half of these exposures occurred in children ages 5 and under. The Children's Safety Network has an **infographic available in a [version suitable for a regular printer](#)** to download, or a poster-size version may be downloaded from a link on their [resources webpage](#).

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*"Children are one third of our population and all of our future." (Select Panel for the Promotion of Child Health, 1981)*