



August Newsletter

Overdose Awareness Day is August 31st



**TALKING ABOUT
OVERDOSE COULD
SAVE A LIFE.**

Over 100,000 people have died from a drug overdose between May 2020 and April 2021.

There were 28.5% more overdoses than the year before and 2/3 of them were from synthetic opioids.



LIGHTS OF HOPE REMEMBRANCE CEREMONY

TO HONOR OUR LOVED ONES WE LOST TO AN
OVERDOSE.
PLEASE BRING A PHOTO OF YOUR LOVED ONE TO
HONOR THEM.



WEDNESDAY, AUGUST 31, 2022
7:00 P.M. - MARIA REGINA PARISH-CHAPEL
3945 JERUSALEM AVE, SEAFORD



TO REGISTER

<https://yesccc.org/event/overdoseawareness>

CONTACT: 516-799-3203 X 127
KCOLETTA@YESCCC.ORG



What is Naloxone?

Also known as Narcan, this nasal spray can rapidly reverse the effects of an opioid overdose and save someone's life.

August 31, 2022

International Overdose Awareness Day

HARM REDUCTION SAVES LIVES



Recognizing the signs of opioid overdose can save a life. Here are some things to look for:

- Small, constricted “pinpoint pupils”
- Falling asleep or losing consciousness
- Slow, weak, or no breathing
- Choking or gurgling sounds
- Limp body
- Cold and/or clammy skin
- Discolored skin (especially in lips and nails)

YES Spotlight

Connections Recovery Group

Wednesdays
7:45-8:45 pm virtually



YES Community Counseling Center offers a weekly virtual group for adults in recovery and individuals striving for sobriety. This group has been known to welcome new members with open arms and members show true care for each other. Recovery is made possible when supported by people who are going through a similar journey and this group allows for those 'connections.'

"The group basically runs itself with the guidance of an extraordinary therapist. Group members support each other and give feedback and advice in a supportive setting. It doesn't feel like a typical therapeutic group."

- Anonymous

* In the News *

988 Suicide and Crisis Hotline

Individuals in a crisis now have access to 24/7 free and confidential support from trained workers. People can easily *call or text* 988 to receive this lifesaving service.

In 2020, the U.S. had one death by suicide every 11 minutes. Suicide is a leading cause of death for people aged 10-34 years.

This is a groundbreaking step toward providing people with the easily accessible care they need.

Click below to learn more about 988

[Learn more here](#)



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