

MAY 12TH, 2021



SAFE-T Newsletter



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May is Mental Health Awareness Month

The month of May shines a spotlight on Mental Health Awareness. Everyone deals with matters of mental health, but survivors and victims of domestic violence have unique mental health needs, as well as barriers preventing us from reaching out for support. Mental health is a combination of our emotional, psychological, and social well-being. It affects how we reason, sense, and respond. It determines how we handle stress, interacts with others, and reach decisions. The definition of mental health clearly explains why it is important, especially to victims and survivors of domestic violence. Our mental health impacts our interactions with others and can negatively impact how we function daily.

Victims and survivors deal with abusers affecting their essence in every aspect. Abusers use tactics to inflict great emotional, psychological, and mental pain. Victims and survivors of abuse can have withdrawal from emotional and physical pain, hiding from themselves and others. (Cont. Pg. 2)

(Cont. from Pg. 1) Many recoils from their social circle and became solitary out of fear. It is vital to place value and importance on our mental health in our healing journeys. Many are conditioned to believe that anything they do for themselves is selfish. So, in our healing journeys, we want to finally make time for ourselves; to finally say, "We matter and we will take care of ourselves mentally and physically." No longer do we step aside for others and place ourselves last. We say, "Now is our time. Now is the time we put our mental health first."

Mental health is also important because it is directly connected to physical health. Mental illness, especially depression, increases the risk for many types of physical health problems, particularly conditions like stroke, type 2 diabetes, and heart disease. If our mental health is declining, our physical health will also be impacted. Mental health is important because it helps us cope with life's daily stressors, maintaining it helps us maintain positive, healthy relationships with others, and enables us to be more productive. Recently, more individuals are starting to use their voice and bring awareness to the issues and importance of mental health. Mental health has become a broad topic, yet, a subject, that was once thought of as controversial.

(Cont. Pg. 6)



Now Uploaded to YouTube



Click [here](#)
to watch the
recording of this
week's webinar
now.

In this week's webinar we discuss the **Internet Safety Risks for Abuse and Exploitation of school-age children (6-8 year olds)**. We cover topics like why internet safety matters, the risks that children encounter online, strategies and resources for helping them stay safe online, and guidance on how to report suspected online enticement or sexual exploitation of a child. Below are some of the risks we talked about.

- **Content** risks include things that school-age children might find upsetting, disgusting or otherwise uncomfortable, if they come across them accidentally. For example, sexual content in games, pornography, images of cruelty to animals, and real or simulated violence.
- **Contact** risks for school-age children include coming into contact with people they don't know or with adults posing as children online. For example, a child might be persuaded to share personal information with strangers, provide contact details, or meet in person with someone they've met online. If grooming is happening online, the person might pretend to be the same age as the child or even a celebrity. The groomer/catfisher might use text, instant messaging, online chat and so on to build a relationship with the child. ***Grooming is when someone tries to build trusting relationships with children or families with the aim of child sexual abuse.***
- **Conduct** risks for school-age children include acting in ways that might hurt others, or being the victim of this kind of abusive or bullying behavior.

There are many strategies that can be used to help your young children stay safe online, but one of the most important ways is through trust. **Trust between you and your child is one of the most protective factors there is when it comes to helping them be safe.** Having calm, open conversations about internet use can help your child feel that you trust them to be responsible online. And if your child feels trusted, they're more likely to talk with you about what they do online and tell you about online content and contacts that worry them. (Raising Children Network)

HOOVES & HALOS

Friday, May 21st, Hooves & Halos will have an end-of-year playday to celebrate making it through this difficult year for our kiddos, and us adults too. If you would like to attend this special event with your class, group or family, please register on their website.

<https://hoovesandhalos.org/register/guests/>

<https://hoovesandhalos.org/register/volunteer-group/>

<https://hoovesandhalos.org/register/individual-volunteers/>

Hooves & Halos is a 501c3 Recreational and Equine Program public charity that serves children and adults who have experienced/are experiencing challenges of all kinds. Their Playdays are very special events. If you are not familiar with Hooves & Halos please be sure to visit their website

<https://hoovesandhalos.org/>

and Facebook page

<https://www.facebook.com/HoovesandHalos>.

Due to COVID events are smaller, so this will be first come first serve. Please register or send Johnette Johnette@hoovesandhalos.org or Kasie kasie@hoovesandhalos.org a message so that they can get your name on the list. Once they reach total capacity, they will start a list for the fall events. They will send your confirmation of registration, complete with a map to their location, soon after they receive your registration. They are still close to Winnsboro, about 15 minutes east.





Domestic Violence & Sexual Assault Volunteers needed at all SAFE-T locations:
Mount Pleasant, Paris, Clarksville, & Sulphur Springs.

If you are interested in becoming an Advocate for Domestic Violence and Sexual Assault Survivors, a Face-to-Face Technology Training will be held June 23rd, 2021 from 2:00 PM-4:00 PM.

If you are interested or have questions, please contact Program Director Mary Ferguson at 903-572-0973 or Email: mferguson@safe-tagency.com to register.



(Cont. from Pg. 2) It is now being brought into conversations in offices, wellness visits, counseling, and support groups. It takes great courage to admit that you are struggling and need to seek help.

Spotlighting Mental Health Awareness, during May each year, is a great way to help. Our world has faced what has become a new normal over the last year, now more than ever before, the mental health community needs to come together and show the world that no one should ever feel alone. If you or someone you know is a victim of domestic violence or sexual assault, SAFE-T Crisis Center is available 24/7 at (903) 575-9999, call or text.

903-572-0973 Office

903-575-9999 Hotline



Shelter Donations Needed!

Please drop off
all donations at our
Main Office at 204
Patrick St. Mount
Pleasant, TX or the
Thrift Store at 1014
West 1st St in Mt.
Pleasant, TX



- pillows, comforters & throws
- cleaning supplies
- underwear (men & women, all sizes)
- clothes detergent powder
- towels
- twin size sheets
- soap
- hand sanitizer
- socks (men, women, & children)
- baby wipes

Call 903-572-0973 for
more information.





SAFE-T Thrift Store

1014 W 1st St Mount Pleasant, TX 75455

Store: (903) 577-9035 9am - 6pm

We gratefully accept the following donated items:

Gently used clothing
Gently used shoes
Gently used furniture
Household items
Appliances
Pet items

Books
Toys
Curtains and Drapes
Electronics
Lighting
Home hardware

On every Wednesday, we have a storewide
20% discount for everyone over 55.
May 13th- 50% Off Home Improvement
May 14th- Spin The Wheel
May 15th- 15% Off Storewide
May 17th- 10% Off Storewide
May 18th- 75% Off Light Pink Clothing Tags



COMMUNITY SUPPORT GROUP

Where survivors of abuse or persons with an abusive partner can come together for support, understanding and fellowship.

SAFE-T Crisis Center

When: Every Thursday of Every Month

Time: 5:00pm to 6:00pm

Where: Zoom

Meeting ID: 865 4875 3453

Passcode: 653690



903.572.0973

You can also click [here](#) to join from a web browser

<https://us02web.zoom.us/j/86548753453?pwd=VVExN3BPNjg1VTJBNDdBsSU9zdmFQUT09>

