



COMMUNITY NEWSLETTER

The newsletter of the Black Nurses Rock Foundation

BIPOC Mental Health Awareness Month

If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org.



#BeyondtheNumbers



Leading into a New Era

Get Ready for the 2022 Black Nurses Rock Foundation Leadership Conference!

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BIPOC Mental Health Awareness Month

More than 7 million Black and African American individuals in the U.S. are living with a mental health condition



#BeyondTheNumbers



Numbers are important. They give us a snapshot of the bigger picture. Statistics and data give us the ability to understand key connections that help us to make informed decisions. But, numbers don't tell the whole story, instead only giving us a broad view that misses the deeper and individual context. For BIPOC communities, numbers focus much too often on disparities rather than strengths and resilience. Just as every person is unique, so is every culture. This year's theme for Black, Indigenous, and people of color (BIPOC) Mental Health Month is #BeyondTheNumbers.

We are more than just statistics. This #BIPOCMentalHealthMonth, help raise awareness of BIPOC mental health #BeyondTheNumbers by sharing your story and encouraging others to do the same.

988 Suicide & Crisis LIFELINE

Don't forget, if you (or your patients) are struggling or in crisis, don't wait, call 988!

The new 988 number for the National Suicide Prevention Lifeline went into effect on July 16, 2022. In July 2020, the Federal Communications Commission (FCC) designated 988 as the new three-digit number for the Lifeline. The number will have trained staff to answer calls from individuals at risk for suicide as well as those experiencing other mental health and substance use-related emergencies. Specialized services will be available for veterans, LGBTQ+ individuals, and other groups.

How It Works

Call: When you call 988, you will first hear a greeting message with the options to press 1 for the Veterans Crisis Line, 2 for Spanish, or stay on the line while your call is routed to your local Lifeline network crisis center. Then a trained crisis counselor will answer the phone, provide support, and share resources if needed.

Text: When you text 988, you will complete a short survey letting the crisis counselor know a little about your situation. You will be connected with a trained crisis counselor in a crisis center, who will answer the text, provide support, and share resources if needed.

There is hope.



Chat: Visit 988lifeline.org and find the chat button in the top right-hand corner of the screen. You will complete a short survey letting the crisis counselor know a little bit about your current situation. Then you'll see a wait-time message while you are connected with a trained crisis counselor who will answer the chat, provide support, and share resources if needed.



Talk with us.





Join the Black Nurses Rock Foundation (BNRF) in New Orleans on September 29 – October 2, 2022 for our Leadership Conference. This event will be held at the Royal Sonesta Hotel, in the heart of the French Quarter. We are so excited to meet everyone face-to-face for the first time since 2019!

Do you plan to attend? If so, complete BOTH your event registration and room reservation using the buttons below.

[Click Here To Register for the Event!](#)

[Click Here To Book your Hotel Room!](#)

Your registration includes:

- Access to Mix & Mingle Networking Sessions
- Access to all CEU Sessions
- Award Ceremony
- Mississippi River Boat Dinner Cruise on Friday night
- Black & White Gala on Saturday night

The theme of this event is **“Leading into a New Era: Post-Pandemic Leadership.”** Earn 3 CEUs on important leadership topics such as compassion fatigue, management soft skills, leadership education, and financial literacy.

We will host networking sessions for members at the hotel, as well as cruise the Mississippi river for a special dinner event. We will close the conference with our fabulous Black & White Dinner Gala on Saturday night.





Update your membership

AUTO-RENEWAL AND MANUAL RENEWAL OPTIONS AVAILABLE

New Upgrades to Membership: We listened to our members, and we are happy to announce changes to our membership renewal system.

This update will require all active members to update their membership renewal option, regardless of current renewal status.

We are very excited to announce a **NEW MONTHLY Membership Option!** Our professional and community nurses can now subscribe to this easy, affordable monthly subscription plan for just \$10 a month and receive full membership benefits. This membership will automatically renew every 1 month from the current expiration date when paid by credit or debit card.

We also encourage you to take this opportunity to update your member profile:

- (NEW!) Identify your nursing specialty in your profile
- Identify which chapter you belong to
- Identify your role in your chapter
- Update your email address to get latest news

Please [click here](#) to update your member profile and choose your renewal options.

If you have questions about the automatic renewal process, you can contact our national office by phone at (850) 475-3535 or by email at membership@blacknursesrock.net.



BNRF-Tyler, TX Participates in Greater Than AIDs HIV Testing Day

Greater than AIDs partnered with Walgreens and community partners to make the 2022 National HIV Testing Day a success! Thank you to BNRF-Tyler, TX for empowering your community to get tested! Together we can end HIV!



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BLACK
NURSES
ROCK

Everything's better when we're together.

Inspiring

Empowering

Innovating

”

Community Advice

Small
consistent
actions,
make a
lasting
impact.

Say
Yes to
Self-
care!

Dance like
No one is
looking, text
and email
as if it will
be read in
court one
day.

If you
stay
ready, you
don't have
to get
ready.

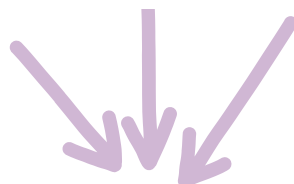
No one's
perfect,
don't be
so hard on
yourself

Keep inspiring, innovating, and empowering



Following the deaths of two young women due to childbirth complications, two bereaved families galvanize activists, birth workers, and physicians to reckon with one of the most pressing American crises today: the US maternal health crisis.

Aftershock
demonstrates the exact
reason we need black
nurses to take care of
and advocate for us



Click Here to
Learn More!

A must watch!
This is why I
became a women's
health nurse!

Thank you to our
BNRF Partners!



HONORING NURSES INTERNATIONALLY
IN MEMORY OF J. PATRICK BARNES

