

FAME-EAW

September Newsletter

fame-eaw.org

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Equity Alliance of
WASHINGTON
— F.A.M.E. —
Thrive • Revive • Dwell

A Focus on Mental Health and Suicide Prevention



Letter from FAME-EAW

As we reflect on Suicide Prevention Month, we're deeply concerned about the challenges facing our youth today. Social media has become a powerful force in shaping how our children see themselves, and it's not always for the better. The constant exposure to curated lives, unrealistic beauty standards and cyber bullying can contribute to feelings of inadequacy and, in some cases, suicidal ideation, especially amongst teens and young adults.

We're also seeing a disturbing trend affecting both the young and elderly in our community—catfishing. Predators are using fake identities online to manipulate vulnerable people into sharing personal photos, only to turn around and extort them. The shame and fear that follow can be devastating, leading to depression, anxiety, and even thoughts of suicide.

But there are ways to protect and prepare our loved ones:

1. Monitor your children's online activities and educate them about internet safety.
2. Building a child's self-worth (It starts at home).
3. Foster open discussions about mental health and self-worth in your household.
4. Be aware of the signs of depression and suicidal ideation in both young and old.

We can help stop these cycles of harm and create a healthier, more supportive environment for everyone.



Understanding the Impact of Suicide on Black Neurodivergents

Suicide rates are disproportionately high among Black Americans, particularly those who are neurodivergent, and the impact is especially pronounced in those who are neurodivergent. Research shows that Black individuals, particularly young adults and those with conditions like autism, ADHD, and other neurodivergent traits, are at a higher risk for suicide.

Why This Happens:

- **Lack of Access:** Many Black neurodivergent individuals face barriers to receiving appropriate mental health care.
- **Stigma and Misdiagnosis:** Stigma around mental health and frequent misdiagnosis prevent effective treatment.
- **Systemic Racism and Isolation:** Racism and social isolation lead to increased feelings of despair, especially in neurodivergent individuals.

You can help by supporting policies that address these disparities and spreading awareness about the unique challenges faced by Black neurodivergent people. Encourage those in need to explore resources like Therapy for Black Girls, NAMI, and The Loveland Foundation. Be a supportive ally by listening and standing against systemic racism can make a meaningful difference. Your actions and advocacy can help save lives and create permanent change for the better.

Quote of the Month!

“ We need to start identifying the triggers that aggravate mental health issues in our society - bullying, social media negativity and anxiety, gender based violence, substance abuse, stigma around issues such as maternal issues, etc., and we need to speak up about these more and get to the source of the problems. — Sanam Saeed ”

FAME-EAW Updates

Have you or someone you know been scammed recently? One of the latest scams involves a caller, claiming to be from the authorities, and stating that you're in trouble—whether it's for missed court dates or other legal reasons. They demand that you either turn yourself in or pay a fine immediately to avoid arrest. This type of scam preys on panic and confusion, making it important to stay alert and calm.

What to Look Out For:

- **Urgency and Fear Tactics:** Scammers pressure you to act quickly to avoid consequences.
- **False Demands/Claims:** Authorities will never demand payment or tell you they are coming to arrest you over the phone.
- **Requests for Payment:** They often ask for payments like gift cards, wire transfers, cryptocurrency, or asking you to meet somewhere.

What to Do:

- **Stay Calm:** Do not panic or give out information (even if they already have some).
- **Verify the Caller:** Ask for their name, badge number, and department, and then contact the official agency directly to verify.
- **Hang Up and Report:** Hang up immediately and report the call to the Federal Trade Commission (FTC) and your local authorities.

Staying informed and cautious is key.



How Your Vote Shapes Seattle's Future

Voting in local elections is just as crucial, if not more so, than voting in presidential elections. Local political leaders—mayors, city council members, and school board representatives—make decisions that directly impact your daily life. These decisions affect everything from public safety and education to housing policies and community resources. By voting for local leaders, you're not just choosing a representative; you're shaping the future of your neighborhood, your city, and your community.

Whether it's voting on measures that impact public transportation, environmental regulations, or social services, your vote has the power to influence outcomes that matter most to you and your community. To stay informed and make educated decisions, consider following local news outlets, attending city council meetings, or engaging with community organizations that advocate for voter education. Resources like the Seattle Times or Crosscut offer in-depth coverage of local politics. Websites like Vote411.org and Ballotpedia provide unbiased information on candidates and issues specific to Seattle. Being an informed voter is the best way to ensure that your voice contributes to a better future for everyone in your community.

Empowering Our Community: Check out these Exciting Upcoming Events

- **Seattle Reggae Scene Anniversary Celebration | Aug 17 | Red Lounge**
- **"The Casspir Project" Film Screening & Panel | Aug 18 | TASWIRA**
- **R&B Yoga: Restore & Be with Mo | Aug 19 | 1313 4th Ave**
- **Festival Sundiata presents Black Arts Fest | Aug 23 - 25 | Seattle Center**
- **John Primer and the Real Deal Blues Band | Aug 23 | Elsom Cellars**
- **Afrikan Marketplace | Aug 24 | Wa Na Wari**
- **AFRICAN BUFFET PARTY | Aug 25 | 207 1st Avenue South Kent**
- **Reading Our Futures: a Black Futurist Bookclub | Aug 26 | LOVING ROOM**
- **R&B ONLY LIVE | Aug 30 | Showbox SoDo**