

CREATED TO INSPIRE, INSPIRED TO CREATED

TEXAS INKED

SEPTEMBER 2020/1



*Darnit
Demi*



September Is Suicide Prevention/Awareness Month

SHATTER THE SILENCE

Suicide: the secret you **shouldn't** keep



WARNING SIGNS

- Talking, thinking or writing about suicide
- Talking about feeling worthless or hopeless
- Losing interest in activities
- Using or increasing use of drugs or alcohol
- Any changes from typical behavior



If your friend tells you they are having thoughts of suicide...

WHAT TO DO

- Be honest and express your concern
- Listen and offer support
- Take them seriously
- Offer to accompany them to seek help

WHAT NOT TO DO

- Think it will go away
- Keep it a secret
- Think nothing can be done
- Think you can fix it all by yourself

TALKING through feelings with your friends and trusted adults can help you realize the need for **HELP**. By showing **CONCERN** and **SUPPORT**, you can **ENCOURAGE** your friend to talk to their parents or another trusted adult about getting help.

WHERE TO GO FOR HELP OR INFORMATION

- Go to the nearest emergency room
- Call 911
- Visit www.dmh.ms.gov
- Call the National Suicide Prevention Lifeline at 1.800.273.TALK (8255)
- Call the Department of Mental Health at 1.877.210.8513

Miss the vendors you support at shows? You can help!

Reach out to them, most have the ability to sell and ship online. They may even have a link to donate.

Here's our links. If you are able to donate please do, if you can't please share! We are in need of a little "bonus" support with the loss of convention season.

We miss you all terribly, and can't wait until we get to visit with you again!

Donate Here

THE MOTHERLAND

Artwork By: *Atom Todd*




ATOM TODD
www.ATOMTHEARTIST.COM

"Wakanda will no longer watch from the shadows. We can not, we must not.

We will work to be an examples of how we, as Brothers and Sisters on this earth, should treat each other. Now, more than ever... ~ Chadwick Boseman

NEW

NEW Products



*PICTURES LINK DIRECTLY TO PRODUCT PAGE!

YOU ARE NOT THE STORM

STEPHANIE TREVINO
STRENGTH OF BODY & MIND

ACCORDING TO RESEARCH PUBLISHED BY THE U.S. CENTERS FOR DISEASE CONTROL AND PREVENTION, MORE THAN TWICE AS MANY U.S. ADULTS REPORTED SERIOUSLY CONSIDERING SUICIDE IN JUNE 2020 (10.7%) THAN IN ALL OF 2018 (4.3%). APPROXIMATELY 25% OF THOSE AGE 18 TO 24 REPORTED THEY CONSIDERED TAKING THEIR OWN LIFE IN JUNE 2020.

Fear and stress can often lead to overwhelming feelings and emotions. Any emotion that is felt in excess can lead to a feeling of drowning. Many are still worried about the stigma of talking about mental health issues so instead of talking to a professional they attempt to deal with things on their own. Many struggle with thoughts of suicide alone because they feel lost, they feel like others will not understand and they fear being ridiculed. The more we can openly talk about suicide and suicidal thoughts the more we can help those that struggle silently.

Have you had these feelings? How did you overcome them? How can you help others who are suffering silently?

FROM APA - RISK FACTORS FOR SUICIDE

TALKING ABOUT DYING

Any mention of dying, disappearing, jumping, shooting oneself or other types of self harm

RECENT LOSS

Through death, divorce, separation, broken relationship, self-confidence, self-esteem, loss of interest in friends, hobbies or activities previously enjoyed

CHANGE IN PERSONALITY

Sad, withdrawn, irritable, anxious, tired, indecisive, apathetic

CHANGE IN BEHAVIOR

Can't concentrate on school, work or routine tasks

CHANGE IN SLEEP PATTERNS

Insomnia, often with early waking or oversleeping, or nightmares

CHANGE IN EATING HABITS

Loss of appetite and weight, or overeating

FEAR OF LOSING CONTROL

Acting erratically, harming self or others

LOW SELF-ESTEEM

Feeling worthless, shame, overwhelming guilt, self-hatred, "everyone would be better off without me."

NO HOPE FOR THE FUTURE

Believing things will never get better, or that nothing will ever change

National Suicide Prevention Hotline

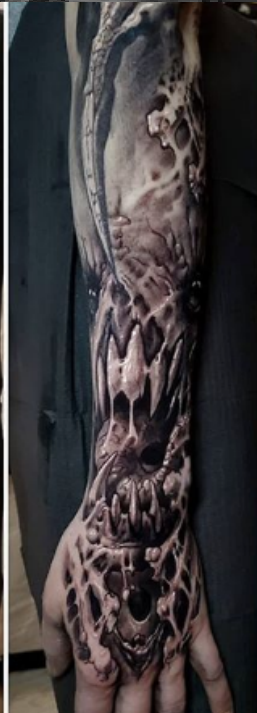
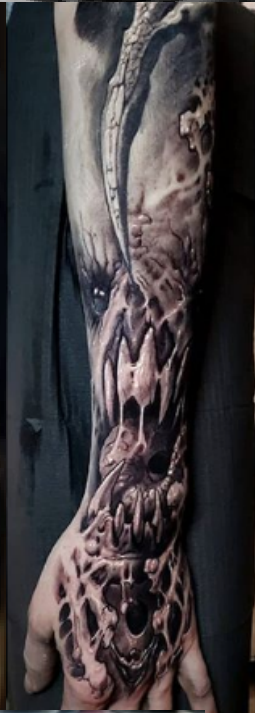
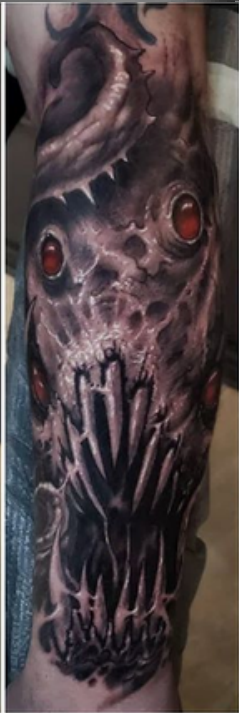
1-800-273-TALK (8255)



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AUTOPSY

TOXIC XLR
TATTOO



TOXYCXLR



AUTOPSY TATTOO



ADAMAH CLAY

Mother nature didn't deal you the best skin cards?

Chin up buttercup, we've got you.

Starting a new skin care regime can be uncharted territory but we promise you'll be glad you braved the unknown!



Prep: Use Adamah's Aries Resurfacing Gommage to exfoliate skin and create tiny micro abrasions, triggering the skin to renew.

Prime: Follow with Adamah's Aphrodite Illuminating Facial Cream for a super charged helping of skin nourishing botanicals and vitamins for a youthful bounce and radiant glow.



Program: Seal the deal with Adamah's Healing Hydration Serum to change your whole goddess game. Let our signature team of botanical stem cells penetrate deep and deliver new instructions to skin cells to fight wrinkles, age spots, and skin that's decided to throw in the towel.



BRAND AMBASSADOR SEARCH

Dank Beards is a new facial grooming products company specializing in CBD-infused beard oils and beard balms. We're looking for creators from all walks of life!

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AD SPACE PRICING

Full Page:

1 Week at a time \$100

Monthly \$350

1/2 Page:

1 week at a time \$50

Monthly \$175

1/3 Page:

1 week at a time \$25

Monthly \$90



Last Weeks Winner

Manny Herrada

For your chance to win, click the Mr. Nice Guys Logo above