Current resources: (Goal to increase care specifically for nurses!)

- 988 Suicide and Crisis Lifeline: Call or text 988 to connect with a trained counselor
- Crisis text line: Text FRONTLINE to 741741 to connect with a crisis counselor for free support.
- The Well-Being Initiative: The American Nurse Foundation offers a variety of resources to support nurses' mental health
- The Emotional PPE project: Nonprofit providing free, confidential therapy to healthcare workers.

at recognizing warning signs, knowing resources, and supporting each other through moral distress. We entered this profession to serve, provide care, and uphold dignity. In return, we too often face long and irregular hours, unsafe staffing, limited support, relentless emotional demands, and strained work relationships—all of which contribute to burnout and psychiatric conditions (Dall'Ora et al., 2020; Groves et al., 2023).

I hope each of you is doing something for yourselves today. Take a moment to be grateful. Take another moment to say thank you to someone you appreciate working with or supporting you.

I want to call out specifically on Maben's article in the references. This article validated so many feelings for me. I felt understood, and now I know I do not stand alone.

Signs of Suicide Ideation

Warning signs of suicide from the National Institute of Health (n.d) are seen throughout the literature. Please take a second to check in with your peer or coworker and see if they have any of these signs:

- Talking about wanting to die
- Discussing their guilt or shame
- Apologizing for being a burden
- Feeling empty, hopeless, trapped, having no reason to live, extremely sad, more anxious, agitated, rage, unbearable emotional or physical pain
- Changing behavior
- Researching ways to die
- Withdraw from friends
- Give away items
- Saying goodbye
- Preparing will
- Risk-taking
- Mood swings
- Eating or sleeping more or less
- Drugs/alcohol

What can we do?

Speak up and Advocate

- Safe Harbor
- Safe staffing issues
- Listen mindfully
- Disallow subpar training
- Hold dismissive leadership accountable
- Report retaliation for expressing concerns or pointing out unsafe practices
- Require suicide prevention training
- Ensure a safe environment
- Develop peer support programs- most of us want to talk with others who have shared experience
- Create systemic change
- Destigmatize the need for mental health care
- Call people out on bullying
- Do not partake in bullying
- Support a nurse who was just verbally or physically abused
- Deter "unhelpful" support (Maben, 2022)
- Organize a suicide awareness event
- Zero Tolerance for workplace violence and bullying
- Treatment for the effects of workplace violence and bullying (Yossep et al., 2022) ■

References online:
myamericannurse.com/?p=421806

Generational Nursing in New Mexico

Pat Montoya, MPA, RN, co-chair of the History of Nursing in New Mexico Special Interest Group

New Mexico is a state made up of communities and families, often large extended families. As a result, the values of giving back and serving others is often seen in families across generations.

As we have begun the journey of working on the "The History of Nursing In New Mexico – On Whose Shoulders We Stand" we have seen families of nurses that exist in our State. By family of Nurses, we mean several generations or many members of the family becoming nurses. You might see three generations of Nurses, such as a grandmother, mother, and daughter/son: or an aunt, nieces, and cousins.

As part of the history of nursing effort, NMNA wants to identify and highlight some of these families in the work we produce. If you are a member of such a family or know of families, please let us know by contacting Pat Montoya at montoya_p@msn.com or the New Mexico Nurses Association office at (505) 908-0686.

Thank you and we look forward to hearing from you. ■