



QUARTERLY NEWSLETTER

JUNE 2026 EDITION



Men's Mental Health Awareness

Breaking the Stigma. Starting the Conversation.

OFFICE CLOSURE DATES

June 19th - Juneteenth

July 4th - Independence Day

MEN'S MENTAL HEALTH AWARENESS

June is Men's Mental Health Awareness Month. This is a time to raise awareness about the mental health challenges men face and encourage open conversations about seeking help.

KEY FACTS

1 in 10

men experience
depression or anxiety

75%

of suicide victims
are male

Only 40%

of men seek
mental health support

SIGNS TO WATCH FOR

- Withdrawal from friends and family
 - Increased irritability or anger
 - Changes in sleep or appetite
 - Loss of interest in activities
- Increased use of alcohol or substances

HOW YOU CAN HELP

Start a conversation. Listen without judgment.
Encourage professional support.
Check in regularly with the men in your life.

RESOURCES

988 Suicide & Crisis Lifeline: Call or text 988
Crisis Text Line: Text HOME to 741741
NAMI Helpline: 1-800-950-NAMI

PTSD AWARENESS

June is also PTSD Awareness Month. Post-Traumatic Stress Disorder affects millions of people, including veterans, first responders, and survivors of trauma. Understanding PTSD helps us support those who are affected.

WHAT IS PTSD?

PTSD is a mental health condition triggered by experiencing or witnessing a terrifying event. It can cause flashbacks, nightmares, severe anxiety, and uncontrollable thoughts about the event.

COMMON SYMPTOMS

Intrusive Memories

Flashbacks, nightmares, and distressing thoughts

Avoidance

Avoiding places, people, or activities that trigger memories

Negative Changes

Feelings of hopelessness, emotional numbness, detachment

Hyperarousal

Being easily startled, trouble sleeping, irritability

HOW TO SUPPORT SOMEONE WITH PTSD

- Be patient and understanding
 - Listen without trying to fix
 - Learn about PTSD triggers
- Encourage professional treatment
- Take care of your own mental health

RESOURCES

National Center for PTSD: ptsd.va.gov
988 Suicide & Crisis Lifeline: Call or text 988
SAMHSA Helpline: 1-800-662-4357

COMMUNITY HIGHLIGHTS

Here are some highlights from our community events and activities this quarter!



Teamwork makes the dream work!
Packing care bags for our community.



Take me out to the ball game! Nothing
beats a day at the park.



All smiles and good vibes on our field trip
adventure!



Chef mode activated! Cooking up
something delicious together.

3386 Holland Road Suite 102
Virginia Beach, VA 23452

STAFF IN THE SPOTLIGHT



K'maughn Carr

We are so incredibly proud of K'maughn Carr! His dedication, hard work, and perseverance have truly paid off. Watching him reach this milestone reminds us all of what's possible when you stay focused and never give up. K'maughn is not just a valued member of the Friend Village family — he's an inspiration to everyone around him. Congratulations on this amazing achievement! We can't wait to see all the great things ahead for you.

IN-HOME SUPPORT SERVICES

At Friend Village, we bring compassionate, personalized support directly to your home. Our services are designed to help individuals live independently with dignity and comfort.



Personal Care

Assistance with bathing, grooming, dressing, and daily hygiene routines.



Meal Preparation

Nutritious home-cooked meals tailored to dietary needs and preferences.



Transportation

Safe rides to appointments, errands, and community activities.



Companion Care

Friendly companionship, conversation, and emotional support to brighten your day.



Light Housekeeping

Keeping living spaces clean, organized, and comfortable.



Respite Care

Giving family caregivers a well-deserved break while their loved one is cared for.

Ready to get started?

Contact us today to learn how Friend Village can support you or your loved one at home.

(757) 301-8989 | www.friendvillageva.com

3386 Holland Road Suite 102
Virginia Beach, VA 23452