



TEXAS
Health and Human
Services

Abilene State Supported Living Center

OUR MISSION:
To empower people to make choices
that result in a life of dignity and
increased independence.

AbSSLC News

Abilene SSLC

Week of September 16th, 2019

Staff Appreciation Week!

Enjoy a week of food & drinks as appreciation for what you do in making the AbSSLC the very best for those that live here!

Monday	Tacolote Food Truck (@ the LSCTH)
Tuesday	Free Tea or Coffee from the LSCTH
Wednesday	Snow Cones
Thursday	Popcorn & Drink
Friday	BBQ Sandwich Meal & Drink

Thank you to the **Abilene Volunteer Services Council** for help making this week possible!



Self-Advocacy Group

The group is an organization that brings individuals together to empower them to effectively advocate for themselves by assisting them in understanding and learning their rights, interests, desires, and needs.

The Self-Advocacy group consists of a President, Vice-President, Secretary, and Treasurer. It's that time of year that the group elects new officers to serve on Self Advocacy Group. Please stop by the Lone Star Coffee House to view the posters of the running individuals who have shown an interest in becoming an officer for the group.

Shop! Buy! Help the VSC!

Specify the Abilene VSC as your charity of choice at smile.amazon.com and benefit those who live here as you shop!



The 2nd Annual Leadership Gathering was held in Austin last week with leadership staff from each facility. We had the opportunity to hear from the Executive Commissioner and learn about some exciting new things coming our way!

See - Say - Do

Getting Help

EAP (Employee Assistance Program) provides confidential short-term counseling, resources and referrals to employees and their dependents. Call **1.866.EAP.2400** to begin the process to receive assistance. They will coordinate with you to set up local counseling. They do not offer counseling on the phone.

- National Suicide Prevention Lifeline- 1.800.273.8255 or 1.800.273.TALK
- Betty Hardwick Center (located in Abilene) Crisis Hotline 1.800.758.3344
- If you, a friend or family member are in immediate crisis you can call 911

There is no shame in asking for help, guidance, support or perhaps medical interventions. Anxiety, depression and suicidal thoughts require the support of professionals just as heart disease, diabetes, and any health concern does.