

OCTOBER 2025

# TADISO TIMES

## BREAKING NEWS!

### Attention Patients

**Self-serve coffee will be available at the coffee shop starting October 1!**

### USPS Operation Santa

If you have a child, ask a counselor or RSS about USPS Operation Santa! This is a great free resource for the holidays. Letters are accepted through October 17.

### Wellness Pop-Up

The wellness team will be in the lobby on Thursday, October 23 for a sleep health pop-up!

### World Mental Health Day

October 10 marks World Mental Health Day, encouraging awareness of the importance of mental health.

### Mental Health Resources

988 Suicide & Crisis Lifeline:  
Call or text 988. Visit [988lifeline.org](https://988lifeline.org) for more information.

Resolve Crisis Services offers 24/7 crisis treatment, interventions and home visits. Call 1-888-796-8226 or walk in at 333 North Braddock Ave.

Substance Abuse and Mental Health Services Administration:  
[www.samhsa.gov](https://www.samhsa.gov)

Mental Health America:  
[mhanational.org/resources](https://mhanational.org/resources)

National Institute of Mental Health:  
[www.nimh.nih.gov](https://www.nimh.nih.gov)

Free meditations:  
[freemindfulness.org](https://freemindfulness.org)



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## Breast Cancer Awareness Month

In the United States, 1 in 8 women will face a breast cancer diagnosis in her lifetime. Early detection saves lives. Stay proactive with annual mammograms, yearly clinical breast exams, and conduct monthly breast self-exams.

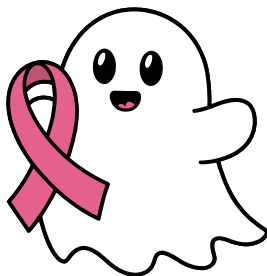
## Pittsburgh Trick-Or-Treat

From [www.pittsburghpa.gov](http://www.pittsburghpa.gov):

"The City of Pittsburgh announces this year's upcoming trick-or-treat hours for Halloween. All participating neighborhoods can host trick-or-treating from 5:30pm to 7:30 pm on Thursday, October 31.

Motorists are asked to be especially vigilant on Halloween night, avoid speeding, and be on the lookout for trick-or-treaters.

We want everyone to be able to safely enjoy this holiday, so we suggest that parents and guardians check all candy before allowing children to indulge. It's also recommended that trick-or-treaters' wear costumes that are bright, or that they carry a light to ensure they are visible to everyone around them. Let's have a fun and safe Halloween!"



**TRICK  
OR  
TREAT**

**Seeking opioid use disorder treatment?**

**Call 1-833-TADISO-3.**