

September
2019



Your Health Matters

Westfield Regional Health Department

As summer draws to a close and children start heading back to school, family life can get pretty hectic. It's important to remember – and share with your children – some key tips that will help keep them safe and healthy throughout the school year. Click the image below to learn more.



September is Suicide Awareness Month

There is no single cause to suicide. It most often occurs when stressors exceed current coping abilities of someone suffering from a mental health condition. [Click here](#) for suicide awareness events.



Drinking Water Information

Many people choose to filter or test the drinking water that comes out of their tap or from their private well for a variety of reasons. Regardless of your water source, here is some information about drinking water in your home.

[The Basics of Water Testing](#)

[Is There Lead in My Drinking Water?](#)

[Drinking Water Facts: Lead](#)

