



September is Suicide Prevention Month

By State Rep. Tarah Probst

Suicide is a national public health crisis, causing immeasurable pain for individuals, families, and communities across Pennsylvania.

If you are struggling with suicidal thoughts, know that help is available. Simply dial 988 to reach one of the state's 988 Suicide and Crisis Lifeline Call Centers, staffed to respond to mental and behavioral health crises. Too many Pennsylvanians are unaware of this mental health service, which is why I proposed legislation to create a public education campaign within the PA Department of Human Services.

Remember, you are not alone.



REMINDER: Speak up at I-80 hearing Sept. 24

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The expansion of I-80 will be the subject of a public hearing hosted by the PA Department of Environmental Protection. The event will take place from 5:30–7:30 p.m. on September 24 at the Monroe County Public Safety Center.

Please register to speak, mark your calendar, and show up for the Poconos. Full details are available here. Please do not sit this one out!

PennDOT plans to narrow waterways, cut up to 50 acres of trees -- our natural storm-water buffers -- and create more irreversible damage through the I-80 expansion project.

Some of the concerns I have heard are catastrophic flooding, damage to our water quality, and pollution to our pristine drinking water.

DEP/ I-80 EXPANSION HEARING

SEPT 24 | 5:30 - 7:30 PM

Monroe County Public Safety Center
100 Gypsum Rd., Stroudsburg, PA

This is your chance to offer input on PennDOT's continued destruction of our creeks, wetlands and drinking water in Monroe County.

Register to speak by calling
Rep. Probst's office (570) 420-2850.

For more info, visit <http://bit.ly/4760BJO>



Important changes for SNAP recipients

By State Rep. Tarah Probst

Federal changes to SNAP benefits may require some recipients to report work, education, training or volunteer hours to the Pennsylvania Department of Human Services. People who do not appropriately document that they meet these conditions can only receive 3 months of benefits over a 3-year period -- meaning, benefits will run out in December 2025. Details about who needs to take action, and when, can be found on the PA DHS website.

Please share this information with any SNAP recipients you know.



Catch it before it's gone!



GET OVER TO RITA'S BEFORE THIS MAGICAL FLAVOR DISAPPEARS!



CLICK HERE

<https://ritasice.fbmta.com/a/0/32220860701/32214166257/default.aspx>
501 E Moorestown Rd., Wind Gap, PA