

NATIONAL BLOOD DONOR MONTH

Every two seconds, someone in the United States requires blood for a variety of reasons, including surgeries, cancer treatments, childbirth, anemia, serious injuries, and blood disorders. January is National Blood Donor Month—a special time to celebrate the kindness of our blood donors and highlight the crucial need for regular blood donations. Winter often sees a dip in donations due to increased illness from COVID-19, flu, and RSV, along with challenges posed by winter weather that can impact donation appointments. Your support in giving blood helps ensure that lifesaving resources are always available for those in need.

Learn more at:

 healthandhumanservices.org



National Blood Donor Month
Why Donate?

January is recognized as National Blood Donor Month to increase awareness of the importance and need for blood donors.

 **EVERY 2 seconds**
SOMEONE NEEDS BLOOD

 **1 pint**
HELPS UP TO **3 people** 

Every 56 days
WHOLE BLOOD
CAN BE DRAWN 

 7 PLATELETS EVERY 7 DAYS	 28 PLASMA EVERY 28 DAYS	 112 DOUBLE RED CELLS EVERY 112 DAYS
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THERE IS **NO** SUBSTITUTE
FOR HUMAN BLOOD

DONATING BLOOD SAVES LIVES

MENTAL HEALTH CORNER

New Year's resolutions can be a great opportunity for personal growth, but it's important to set them in a way that supports your mental health and increases your chances of success. Here are some tips for creating resolutions that foster well-being: pick a goal that motivates you, break down your long term goals into short term goals, focus on progress not perfection, practice self compassion, don't compare yourself to others, and know when to ask for help.