

# NEWSLETTER

SEPTEMBER 2025

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## HIGHLIGHTS

- TRENDING NEWS FROM AROUND THE WORLD.
- SUICIDE PREVENTION AWARENESS MONTH
- BEST OFFICE PRACTICES
- PREPARATION TIPS FOR SUCCEEDING IN JOB INTERVIEWS.
- INFORMATION SECURITY TIPS FOR THE OFFICE

## WELCOME TO OUR COMPANY

ABNM HR Staffing Solutions is a trusted human resource firm based in Abuja, Nigeria, dedicated to connecting businesses with the right talent and empowering individuals with meaningful career opportunities. We specialize in recruitment, staffing, workforce management, and HR consulting, providing tailored solutions that help organizations thrive in today's dynamic workplace. At ABNM HR Staffing Solutions, we believe people are the heart of every successful organization. Our commitment is to deliver reliable, professional, and efficient HR services that bridge the gap between employers and employees while fostering growth, compliance, and excellence.



## OUR SERVICES

HR consultations, Pre-Recruitment Process and Post Recruitment Management, Background Checks, Training, Capacity Building, and Development, Employee Relations, Benefit Administration, Benefit Management, Strategic Planning Your paragraph Mental Health Advocacy and Awareness in the workplace, Employee Handbook, Onboarding and Separation, HR Compliance Assessment, Investigative Audit, Succession Planning, Federal and State Labour Compliance, Federal and State Requirements



## MESSAGE FROM THE CEO

ANGELA BROWN

Dear Esteemed Readers,  
As we step into September, I am reminded of the importance of reflection, compassion, and growth. This month carries deep meaning as we recognize Suicide Prevention Awareness Month, a time to check in on ourselves and extend a hand of kindness to those around us. At our organization, we believe in fostering a workplace and community where empathy and understanding thrive. Each challenge we face is an opportunity to grow stronger—together. My heartfelt message to you this month is simple: be kind, stay connected, and never underestimate the power of listening.

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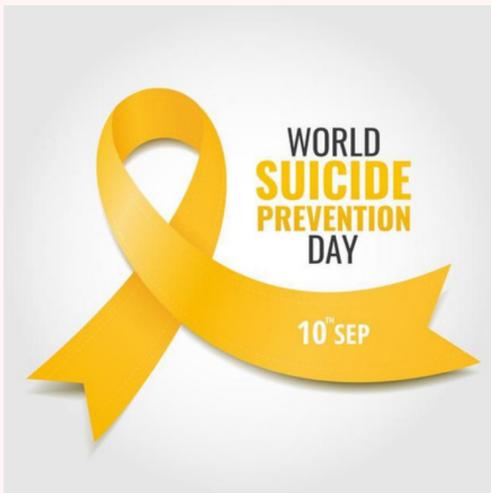
Let us also take pride in nurturing professional excellence, building resilience, and safeguarding our mental health while continuing to create opportunities for brighter futures.

## TRENDING NEWS FROM AROUND THE WORLD

- 1. Climate Talks Gain Momentum:** Leaders gathered at the UN Climate Summit are pushing stronger commitments to reduce global carbon emissions.
- 2. AI Regulation Expands:** Several countries are introducing policies to guide the safe and ethical use of Artificial Intelligence.
- 3. Global Sports Updates:** The countdown to the 2024/2025 football leagues has kept fans worldwide glued to their screens, with major transfers making headlines.
- 4. Healthcare Innovation:** Breakthroughs in autism research continue, offering hope for more inclusive support systems.

# SUICIDE PREVENTION AWARENESS

SEPTEMBER  
**SUICIDE  
PREVENTION**  
AWARENESS MONTH



SEPTEMBER IS WORLD SUICIDE PREVENTION MONTH. ACCORDING TO WHO, NEARLY 700,000 PEOPLE DIE BY SUICIDE ANNUALLY—ONE PERSON EVERY 40 SECONDS.

## What are the warning signs to look out for?

1. Withdrawal from friends, family, or activities.
2. Talking about hopelessness or feeling like a burden.
3. Sudden changes in mood or behavior.

## How to help

1. Start the conversation. Ask gently, "How are you really doing?"
2. Listen without judgment. Offer presence, not solutions.
3. Encourage professional help. Share resources like helplines or counseling services.
4. Remove stigma. Talking about mental health does not make someone weak—it makes them strong.

# UNDERSTANDING AUTISM

AUTISM SPECTRUM DISORDER (ASD) AFFECTS 1 IN 100 CHILDREN WORLDWIDE. IT IS NOT A DISEASE BUT A DIFFERENT WAY OF PROCESSING INFORMATION AND INTERACTING WITH THE WORLD.

## COMMON TRAITS INCLUDE:

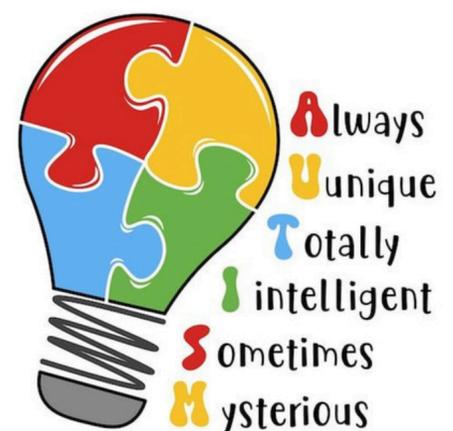
1. Difficulty with social communication.
2. Preference for routines and predictability.
3. Unique strengths in problem-solving, memory, or creative skills.

## CARING FOR CHILDREN WITH AUTISM

1. Routine is key. Consistency in meals, sleep, and school activities reduces anxiety.
2. Use visual aids. Charts, flashcards, or pictures help children understand better.
3. Celebrate small wins. Every progress—no matter how small—builds confidence.
4. Encourage play and hobbies. Children with autism often excel when their interests are nurtured.
5. Support networks. Parents and caregivers should connect with autism support groups for guidance and encouragement.



**AUTISM**  
AWARENESS



# BEST OFFICE PRACTICES

- 1. Time Management:** Respect start times, deadlines, and meetings.
- 2. Email Etiquette:** Keep emails professional, concise, and polite.
- 3. Confidentiality:** Protect sensitive data, documents, and discussions.
- 4. Professional Conduct:** Respect differences, avoid gossip, and maintain inclusivity.
- 5. Work-Life Balance:** Healthy employees perform better—take breaks and rest when needed.

## PREPARING FOR A JOB INTERVIEW

- 1. Research the Company:** Understand their services, culture, and competitors.
- 2. Review the Role:** Align your skills with the job requirements.
- 3. Practice the STAR Method:** Answer behavioral questions using Situation, Task, Action, Result.
- 4. Dress Appropriately:** Tailor your attire to the company's culture.
- 5. Prepare Questions:** Ask about growth opportunities, team culture, or projects.
- 6. Follow-Up:** Send a thank-you email within 24 hours to show appreciation.

## INFORMATION SECURITY TIPS FOR THE OFFICE

- 1. Strong Passwords:** Use a mix of upper/lowercase letters, numbers, and symbols. Avoid birthdays or common words.
- 2. Multi-Factor Authentication:** Always enable it for sensitive accounts.
- 3. Email Vigilance:** Don't click links or attachments from unknown senders.
- 4. Device Security:** Lock computers when away, update software regularly, and avoid using public Wi-Fi without VPN.
- 5. Document Handling:** Store confidential files in secure systems, not personal devices.
- 6. Report Immediately:** If you suspect a phishing attempt or data breach, notify IT right away.

## CLOSING REMARKS

This September, let us commit to awareness, growth, and security. Whether it's extending kindness in suicide prevention, understanding autism better, adopting best practices at work, or preparing for career opportunities, each step makes us stronger as individuals and as a community. Together, we can build an environment that is safe, inclusive, and progressive.