

Suicide Prevention Month

September is National Suicide Prevention Month. Some goals of National Suicide Prevention Month are to raise awareness about suicide, increase dialogue and ultimately save lives. A 2013 study completed by The Centers for Disease Control and Prevention (CDC), indicated that that suicide was the 10th leading cause of death for Americans. The study also found that someone in the United States died by suicide every 12.8 minutes. According to the National Alliance on Mental Illness (NAMI), suicide is the third leading cause of death among young people. These numbers are astounding for many individuals. Primarily because many people may not personally know someone who has committed suicide. However, more people than expected know someone who has attempted suicide or been impacted by the suicide of a loved one. There are many resources available for those who are in need of help. It is important to know the warning signs for individuals who are at risk for attempting suicide. We'd like to share these signs with you and hope that you will share with others.

- Increased use of drugs or alcohol
- Threats of self-harm or suicide. It should not be taken lightly if someone says phrases like "I wish I wasn't here" or "I just want to end it all"
- Withdrawal from friends, families and activities that were once enjoyable
- Talking or writing about death
- More aggressive behavior
- Intense mood swings
- Reckless behavior
- Giving away important possessions
- Saying goodbye to loved ones
- Previous suicide attempts

If you recognize these signs in someone please seek help immediately. You can help by exercising some of the following actions.

- Speak with the person about your concerns. Make sure you are actively listening to what they have to say
- Seek the help of a mental health professional even if your loved one objects
- Refrain from passing judgment
- Do not attempt to counsel the person
- Don't leave the person alone
- Trust your instincts
- **If you or your loved one is in crisis, call the National Suicide Prevention Lifeline at [1-800-273-TALK \(8255\)](tel:1-800-273-TALK)**

For other resources or to view information on Kenneth Young Center's mental health services, please visit www.kennethyoung.org.