



## SUICIDE PREVENTION AWARENESS MONTH

**September is National Suicide Prevention Month.** All month, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness.

Every day, approximately 5 people die by suicide in Ohio. According to the Ohio Department of Health, the number of suicides has increased 44.8 % between 2007 and 2018. Suicide is a public health issue that requires solutions with effective strategies to increase protection of and care for those struggling with suicidal thoughts.

In 2019, Ohio Governor Mike DeWine introduced his RecoveryOhio initiative to aggressively address mental health, substance use disorders, and the stigma surrounding them. Ohioans must stand up and fight against the suicide together.



### 988 Suicide & Crisis Lifeline

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

#### Warning Signs of Suicide

- Often talking or writing about death, dying or suicide
- Making comments about being hopeless, helpless or worthless
- Expressions of having no reason for living; no sense of purpose in life; saying things like "It would be better if I wasn't here" or "I want out."
- Increased alcohol and/or drug misuse
- Withdrawal from friends, family and community
- Reckless behavior or more risky activities, seemingly without thinking
- Dramatic mood changes
- Talking about feeling trapped or being a burden to others

# SUICIDE PREVENTION AWARENESS MONTH

## What Can we do?

### 1. Learn "QPR" :

- Question – ask the at-risk person if they are having thoughts of suicide. Acknowledging and talking about suicide reduces rather than increases suicidal thoughts.
- Persuade – Persuade the person to get help. Remember to listen carefully and assist them with finding help. Help them make a connection with a trusted individual like a family member, friend, or spiritual advisor.
- Refer - Help them make a connection with a trusted individual like a family member, trained professional, or spiritual advisor.

<https://qprinstitute.com/>

### 2. Learn Mental Health First Aid:

Mental Health First Aid is a skills-based training course that teaches participants about mental health and substance-use issues

<https://www.mentalhealthfirstaid.org/>

### 3. Be Involved locally:

- Belmont County Suicide Prevention Coalition

Coalition meets the fourth Thursday of every month at 1:00 PM and open to the public. For more information please visit

<http://www.belmontcountysuicideprevention.weebly.com/>

<https://www.facebook.com/belcosuicideprevention/>

- Monroe County Suicide

Prevention Coalition. Coalition meets the 1st Thursday of each month at

St. Paul's UCC 303 S. Main St. Woodsfield Ohio 43793 at 2:30 pm

[https://www.monroecountyohio.com/departments/health\\_department/monroe\\_county\\_suicide\\_prevention.php](https://www.monroecountyohio.com/departments/health_department/monroe_county_suicide_prevention.php)



## Resources:

24-Hour Crisis Hotline Southeast Inc. **1-800-354-4357**

Crisis Text Line in Ohio Supporting Ohioans in Stressful Times: **Text "4HOPE" to 741 741**

Local System of Care:

<http://bhmbboard.org/systemof-care/>