

# SEPTEMBER 10TH, 2024 IS WORLD SUICIDE PREVENTION DAY



**The World Health Organization (WHO) estimates more than 700,000 people die by suicide globally (WHO, 2024).**

Though suicide prevention and awareness is important all year, September is Suicide Awareness Month. September 10th marks World Suicide Prevention Day, and in this newsletter, we aim to shed light on this crucial topic, providing resources, potential signs, and tools for support.

### Know the Signs

Though the signs present differently from person to person, here are a list of some signs of suicidal ideation:

- Talking about wanting to die, being a burden, or great feelings of guilt / shame
- Feeling empty, hopeless, trapped, no purpose in life, no reason for living
- Changing behaviors- Thinking or making plan for suicide, withdrawing from friends / family, giving stuff away, saying goodbye, using drugs / alcohol

### Resources for you or your loved one:

- **988 Suicide & Crisis Lifeline**
  - Call or text 988
  - 988lifeline.org
- **National Suicide Prevention Lifeline**
  - 800-273-8255
- **Crisis Textline**
  - Text IN to 741741 for free, 24/7 crisis counseling
- **Trevor Project Lifeline**
  - (confidential suicide hotline for LGBTQ+ youth): 866-488-7386

### • Trevor Text line:

- Text START to 678-678

### • Veterans Crisis Line (for military service members, veterans, and family)

- Call 800-273-8255 and press 1
- Text 838255
- Support for deaf and hard of hearing: [800-799-4889](tel:800-799-4889)

### • If an emergency / crisis has occurred, please call 911 immediately.

**YOUR life matters. YOU matter.**

**WARNING SIGNS OF SUICIDE:**  
The behaviors listed below may be some of the signs that someone is thinking about suicide.

<p><b>TALKING ABOUT:</b></p> <ul style="list-style-type: none"> <li>▷ Wanting to die</li> <li>▷ Great guilt or shame</li> <li>▷ Being a burden to others</li> </ul>	<p><b>FEELING:</b></p> <ul style="list-style-type: none"> <li>▷ Empty, hopeless, trapped, or having no reason to live</li> <li>▷ Extremely sad, more anxious, agitated, or full of rage</li> <li>▷ Unbearable emotional or physical pain</li> </ul>
<p><b>CHANGING BEHAVIOR, SUCH AS:</b></p> <ul style="list-style-type: none"> <li>▷ Making a plan or researching ways to die</li> <li>▷ Withdrawing from friends, saying goodbye, giving away important items, or making a will</li> <li>▷ Taking dangerous risks such as driving extremely fast</li> <li>▷ Displaying extreme mood swings</li> <li>▷ Eating or sleeping more or less</li> <li>▷ Using drugs or alcohol more often</li> </ul>	

**If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.**

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Call or text 988                      Text "HELLO" to 741741  
Chat at 988lifeline.org

National Institute of Mental Health      [www.nimh.nih.gov/suicideprevention](http://www.nimh.nih.gov/suicideprevention)      NIMH Identifier No. CM 22-4316

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If you are struggling with life stressors that are more than you can handle alone, seek help. Talk to a friend or someone you trust. Call our office or another mental health provider to set an appointment. Do you want you need to do to take care of yourself. You don't have to do this alone.

