

National Prevention Week is an annual health observance supported by SAMHSA that celebrates the work that community organizations and individuals do year-round to prevent substance abuse and promote mental, emotional, and behavioral well-being.

Friday, May 20th Suicide Prevention

Each year, suicide accounts for more than 37,000 deaths in the United States. The loss of someone to suicide resonates among family, friends, coworkers, and others in the community; it has been estimated that for each person who commits suicide, 5 to 10 other people are severely affected by the loss. Family and friends may experience a range of painful emotions, such as shock, anger, guilt, and depression. Suicide can occur across demographics, but certain groups are more at risk than the general population. Problems with intimate partner relationships and mental and physical health problems are factors that have been associated with the occurrence of suicide. Suicide is devastating, but there are resources and information available to help prevent it.



Who is at higher risk of suicide?

- **Teenagers and young adults** - Suicide is the third leading cause of death for 15 to 24 year olds.
- **Military Service Members** - On average, a member of the Armed Forces commits suicide every 36 hours.
- **Veterans** - Suicide is the cause of death of an estimated 18 U.S. veterans each day.
- **American Indians/Alaskan Natives** - Rates of suicide among American Indian/Alaskan Natives ages 15 to 34 are almost double the national average for that age group.
- **Gay, lesbian and bisexual youth** - Gay, lesbian, and bisexual adolescents in grades 7 through 12 are more than twice as likely to attempt suicide as heterosexuals within the same age range.
- **Latina girls** - Latina girls between the ages of 12 and 17 have the highest rate of suicide attempts among all adolescent ethnic groups.

Families, Friends, Educators, Coworkers, and Other Community Members

Learn and recognize the warning signs of suicide

- Talking about: wanting to die or kill oneself, being a burden to others, feeling hopeless or having no reason to live, or feeling trapped or in unbearable pain.
- Looking for a way to kill oneself, such as searching online or buying a gun.
- Behaving recklessly.
- Withdrawing or feeling isolated, displaying extreme mood swings, or increasing the use of alcohol or drugs.
- Showing rage or talking about seeking revenge, acting anxious or agitated, or sleeping too little or too much.

You can help someone who is considering suicide by taking one or more of the following steps

- Listen and don't debate whether suicide is right or wrong. Allow the person in need to express his or her feelings without passing judgment or acting shocked.
- Be direct and get involved.
- Talk openly and matter-of-factly, showing interest and support for the person at risk.
- Get help from people or agencies that specialize in crisis intervention and suicide prevention.
- Seek confidential help, available 24 hours a day, through the **National Suicide Prevention Lifeline: 1-800-273-TALK**



The Center for Prevention and Counseling is a non-profit agency located in Newton, NJ serving Sussex County and surrounding areas. Our mission is to promote hope, health and recovery among all people by fostering a community in which individuals and families thrive. We have a variety of prevention and counseling programs that focus in many areas. For more information, please contact us by phone (973) 383-4787 or check out our website, www.centerforprevention.org.