

## September is Suicide Awareness Month



### September is National Suicide Prevention Awareness Month, where we can educate people about the warning signs of suicide and how to respond to them.

It can be scary if someone you love talks about suicidal feelings. It can be even more frightening if you find yourself thinking about dying or harming yourself. Not taking these thoughts seriously can have devastating outcomes, as suicide is a permanent solution to temporary problems.

The coronavirus disease 2019 (COVID-19) pandemic has been associated with mental health challenges. Many people might be experiencing some form of hopelessness/helplessness due to the pandemic and social unrest in the US, so expressing these thoughts may be written off as “normal” given our current state.

#### Warning Signs Common to Most Suicides:

- Talking about suicide and death
- Tidying up his or her affairs: drawing up a will, giving away possessions
- Drastic, sometimes aggressive, changes in behavior
- Withdrawing from social interaction
- Sudden neglect in appearance
- Self-mutilation or doing acts of self-harm
- Sudden drug or alcohol abuse
- Expressing feelings of hopelessness and helplessness
- Previous suicide attempts
- Family or peers who have recently attempted or committed suicide

Suicidal behaviors are a psychiatric emergency. If you or a loved one starts to take any of these steps, seek immediate help. In addition to the impactful resources included in the column to the right, you can also visit your primary care provider, local psychiatric hospital, EAP carrier, or your local emergency department.

#### Where to Find Help

##### **National Suicide Prevention Lifeline**

**1-800-273-8255**

*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.*

##### **24/7 Crisis Hotline: National Suicide Prevention Lifeline Network**

1-800-273-TALK (8255)

*(Veterans, Press 1)*

suicidepreventionlifeline.org

##### **Crisis Text Line**

Text TALK to 741-741 to text with a trained crisis counselor from the Crisis Text Line for free, 24/7.

##### **National Alliance on Mental Illness (NAMI)**

www.nami.org

1-800-950-6264

*(M-F, 10 AM – 6 PM ET)*

Text NAMI to 741741 for 24/7, confidential, free crisis counseling

##### **Veterans Crisis Line**

Send a text to 838255.

##### **SAMHSA Treatment Referral Hotline (Substance Abuse)**

1-800-662-HELP (4357)

##### **RAINN National Sexual Assault Hotline**

1-800-656-HOPE (4673)

##### **National Teen Dating Abuse Helpline**

1-866-331-9474

##### **The Trevor Project**

1-866-488-7386