



MONTHLY MENTAL HEALTH NEWSLETTER

Presented by the Gwinnett County Sheriff's Office Mental Health Task Force

In this issue:
Suicide Prevention
NATIONAL

SUICIDE
PREVENTION
LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

Did you know that:

SEPTEMBER IS NATIONAL SUICIDE PREVENTION MONTH

SEPTEMBER 5TH THROUGH 11TH IS NATIONAL SUICIDE PREVENTION WEEK.

SEPTEMBER 10TH IS WORLD SUICIDE PREVENTION DAY

LET'S COMBAT THIS PUBLIC HEALTH CRISIS

HELP END THE MYTHS, AND STOP THE STIGMA WITH FACTS AND DIRECT, OPEN CONVERSATIONS.

MYTHS ABOUT SUICIDE (True or False)

- All people who attempt suicide want to die (False)
- Suicide is rare (False)
- Rich people don't commit suicide (False)
- Once someone attempts they will always be suicidal (False)
- More women die by suicide than men (False)
- People who attempt several times just want attention (False)
- People who really want to commit suicide won't talk about it (False)
- People who talk about suicide a lot don't really want to die or won't really try to commit suicide (False)
- Asking someone if they are suicidal is dangerous because it could give them the idea to do it and then they might die (False)
- When talking to someone who is suicidal we should avoid direct questions about their willingness to die. (False)
- If someone who was suicidal suddenly becomes happy and is smiling then we know for sure they are no longer in danger of taking their own life. (False)

FACTS about SUICIDE

- More people die by suicide than by homicide.
- More people die by suicide than by automobile accident.
- While more women attempt suicide than men, more men die by suicide than women.
- Suicide is the second leading cause of death for people ages 10-34.
- Someone dies by suicide every 11 minutes.
- 22 of our Veterans die by suicide daily.

Individual risk factors include:

- Previous suicide attempt
- Mental illness, such as depression
- Social isolation
- Criminal / legal problems
- Financial problems
- Impulsive or aggressive tendencies
- Job problems or loss
- Substance use disorder / recent withdrawal or detox from Opiates or Benzodiazepines

Other risk factors and warning signs may include:

- Increased alcohol and drug use
- Aggressive behavior
- Withdrawal from friends, family and community
- Dramatic mood swings
- A family history of suicide
- A history of trauma or abuse
- A serious or chronic medical illness
- A recent tragedy or loss / Prolonged stress

REFERENCES

The G.C.S.O. Mental Health Tasks Force encourages you to utilize sources such as the *Substance Abuse and Mental Health Services Administration (SAMHSA)* to learn more about this important health topic. The following sources were used in the creation of this Mental Health Newsletter;

www.nimh.nih.gov/suicideprevention

<https://www.nami.org/About-Mental-Illness/Common-with-Mental-Illness/Risk-of-Suicide>

5 Action Steps for Helping Someone in Emotional Pain

<p>ASK</p> <p>"Are you thinking about killing yourself?"</p>	<p>KEEP THEM SAFE</p> <p>Reduce access to lethal items or places.</p>	<p>BE THERE</p> <p>Listen carefully and acknowledge their feelings.</p>	<p>HELP THEM CONNECT</p> <p>Save the National Suicide Prevention Lifeline number 1-800-273-8255.</p>	<p>STAY CONNECTED</p> <p>Follow up and stay in touch after a crisis.</p>
---	--	--	---	---

www.nimh.nih.gov/suicideprevention