



# 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**<sup>TM</sup>

**1-800-273-TALK (8255)**  
[suicidepreventionlifeline.org](http://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](http://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><b>ASK</b></p> <p>"Are you thinking about killing yourself?"</p>	<p><b>KEEP THEM SAFE</b></p> <p>Reduce access to lethal items or places.</p>	<p><b>BE THERE</b></p> <p>Listen carefully and acknowledge their feelings.</p>	<p><b>HELP THEM CONNECT</b></p> <p>Save the National Suicide Prevention Lifeline number 1-800-273-8255.</p>	<p><b>STAY CONNECTED</b></p> <p>Follow up and stay in touch after a crisis.</p>
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[www.nimh.nih.gov/suicideprevention](http://www.nimh.nih.gov/suicideprevention)