

September is Suicide Prevention Month — and perfect time to learn signs, symptoms

BY BRIANNA REINHOLD, LPC, CFRC


EVERY 11 MINUTES, A PERSON DIES by suicide. In 2020, 45,979 individuals took their own life. Almost as many people who live in the city of Maricopa felt they had no other option than take their own life to end their pain and suffering.

In the same year, 12.2 million adults seriously thought about suicide, 3.2 million adults made a plan, and 1.2 million adults attempted suicide, according to the CDC. For every suicide death, 275 people seriously considered suicide, 27 self-reported attempts, eight people visited an emergency department and four were hospitalized.




We must be more aware of the signs and symptoms. We must intervene and offer help and support. We must provide those individuals and everyone else with proper resources, so they don't feel their only option left is to end their life.

If you recognize someone struggling with depression or any of the other risk factors, here are some ways to support them:

1. Actively listen to them, without any judgment or strategies to "fix it."
2. Be understanding, patient and sincere in your words and approach.
3. Ask them what typically helps when feeling this way.
4. Provide compassionate reassurance.
5. Do not try to help them with the use of drugs or alcohol.
6. Remember a person doesn't simply "snap out of it."
7. Help them locate professional help.

If you are suffering, know you are not alone. There is help available and people who care and want to support you. 

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 **623-243-2774**
 **National Suicide Prevention Lifeline**
Dial 988 or 800-273-TALK (8255).
 **NorthernLightsTherapyAZ.com**

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Factors that Contribute to Suicide Risk	Warning Signs
History of depression or other mental illnesses	Talking about being a burden
Criminal/legal problems	Isolation
Job/financial problems or loss	Increased anxiety
Drug or alcohol abuse/addiction	Over or under sleeping
History of trauma	Extreme mood swings
Feeling hopeless	Increased depression
Impulsive or aggressive tendencies	Discussion about feeling trapped
Unhealthy/toxic relationships	Increase in drug or alcohol use
Social isolation	Attempting to gain access to lethal means
Lack of access to mental health treatment	Suddenly giving away everything
Bullying	Increased anger, rage or reckless behavior
Low self-worth/self-esteem	Talking about or making plans to die



DEPRESSION COPING SKILLS


1. Exercise
2. Socialize
3. Employ healthy eating habits
4. Employ sleeping habits
5. Journal
6. Meditate or practice yoga
7. Engage in a hobby
8. Go to therapy
9. Be in nature
10. Do something to boost your self-esteem
11. Let yourself feel your emotions

“Take a shower, wash off the day. Drink a glass of water. Make the room dark. Lie down and close your eyes. Notice the silence. Notice your heart. Still beating. Still fighting. You made it, after all. You made it, another day. And you can make it one more. You're doing just fine.” — **Charlotte Eriksson**

“To all who walk the dark path, and to those who walk in the sunshine but hold out a hand in the darkness to travel beside us: Brighter days are coming. Clearer sight will arrive. And you will arrive, too. No, it might not be forever. The bright moments might be for a few days at a time, but hold on for those days. Those days are worth the dark.” — **Jenny Lawson**



SUICIDE & CRISIS LIFELINE

Launched in July, 988 Suicide and Crisis Lifeline is the 911 equivalent for people experiencing a mental-health emergency.  988lifeline.org

