

CHS Recognizes

SUICIDE PREVENTION MONTH

September, 2022

Direct links to further resources are underlined throughout this document

#BeThe1To

You can help prevent suicide by being the one to take five simple steps to care for those around you.

1. **ASK:** People who are having thoughts of suicide feel relief when someone asks about them in a caring way. Ask them directly "Are you thinking about ending your life?"
2. **BE THERE:** People feel less overwhelmed and more hopeful by speaking to someone who listens without judgement. Instead, show compassion and empathy.
3. **KEEP THEM SAFE:** Stay with a person who is experiencing suicidal thoughts and limit their access to potentially dangerous situations.
4. **HELP THEM CONNECT:** Helping someone at risk identify resources for support can help them take positive action and reduce hopelessness. Help your friend reach out to family, counselors, or the suicide prevention lifeline.
5. **FOLLOW UP:** Check in with the person you care about regularly, especially in the days and weeks after a crisis.

Suicide is, unfortunately, a public health crisis. In 2019, suicide was determined to be the 10th leading cause of death in the USA. Increasing efforts in the areas of awareness have made it possible for prevention to become more common and effective. Misconceptions might label suicide as a personal failure, however thoughts of suicide are actually a fairly common response to difficult stressors and emotional pain. Improving life circumstances, enhancing social connection, and reducing emotional pain are the most effective ways to reduce the frequency and intensity of suicidal thoughts and feelings.

Mental health organizations around the country recognize Suicide Prevention Awareness month in September of each year. However, working together to increase public knowledge and awareness of suicide in order to prevent its occurrence should happen every day. Suicide is complicated and tragic, but it is preventable and there is always hope. Reach out to a mental health professional if you are concerned about yourself or someone that you care about. At CHS, you may reach out to a school counselor or student assistance counselor for more resources and information.

Access these tip sheets to learn how to show you care for those around you...

1. [For teens:](#) Reaching out to a friend
2. [For caregivers:](#) Building trust with your teen



In September, we remember...

Suicide Prevention

Dial 9-8-8

A new, easy-to-remember, crisis response line. Click the images below to view short videos & learn more.

What is it for?



Details, please!



What to expect:
Calling 988



What to expect:
Texting 988



Warning Signs

Knowing what to look for can save a life!

Something to look out for when concerned that a person may be suicidal is a change in behavior or the presence of entirely new behaviors. This is of sharpest concern if the new or changed behavior is related to a painful event, loss, or change. Most people who take their lives exhibit one or more warning signs, either through what they say or what they do.

Talk - If a person talks about:

- Killing themselves
- Feeling hopeless
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Unbearable pain

Behavior - Especially if related to a painful event, loss or change:

- Increased use of alcohol or drugs
- Looking for a way to end their lives, incl. searching online
- Withdrawing/isolating from activities, family, and friends
- Sleeping too much or too little
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Aggression
- Fatigue

Mood - Display one or more of the following moods:

- Depression
- Anxiety
- Loss of interest
- Irritability
- Humiliation/Shame
- Agitation/Anger
- Relief/Sudden Improvement

<https://afsp.org/risk-factors-protective-factors-and-warning-signs>



Local Upcoming Events

September 14 – 6:30 pm

Library of the Chatham is hosting Resources from Center for Family Services

Listen to this presentation from staff of Morris County's Center for Family Services to learn about warning signs, how to help someone in need, and where to look for resources.

September 17 - 4:00 pm

Cougar Field - Chatham Township
Registration / Check-in Start Time: 4:00 pm
Walk Ceremony Begins: 5:00 pm
Event Ends: 7:00pm

For more information, please contact:
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"Asking for help is not a sign of weakness. It's just like reaching for a flashlight when it's dark."