

September is National Suicide Prevention Awareness Month



The Town of Ferdinand sees the utmost value in its citizens and wants to send a clear message of support for Suicide Prevention Awareness month. By sharing information and resources, our hope is to educate our community to recognize indicators that someone is considering suicide so early intervention can save lives. Armed with this knowledge, we all have a duty to look for warning signs and know where to refer those who need life saving help.

KNOW THE FACTS

Suicide is the 11th leading cause of US deaths

People with serious mental illness are 25x more likely to die by suicide

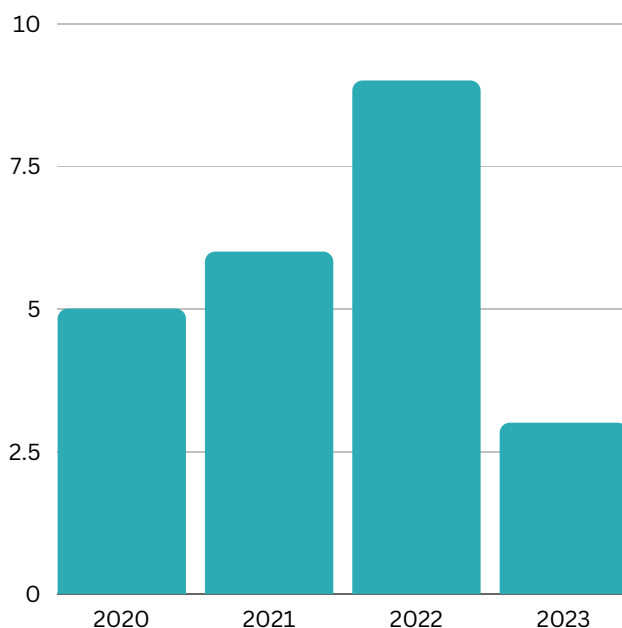
Women 45-54 years old & men 75+ make up highest rates of suicide

Suicide is the second leading cause of death in those 15-34 years old

Males are 4x more likely to die by suicide (77.9% of total)

Suicide claims a life every 12 minutes in the US

Deaths by Suicide in Dubois County (2020 through 8/1/2023)



KNOW THE SIGNS

- Talking about or making plans for suicide
- Acting anxious or agitated; behaving recklessly
- Talking about being a burden to others
- Talking about feeling trapped or in unbearable pain
- Increasing the use of alcohol or drugs
- Talking about feeling hopeless or having no reason to live
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Displaying extreme mood swings
- Giving away prized possessions



KNOW WHAT TO DO



1. Call 911, if danger for self-harm seems imminent.
2. Call or text 988 to reach the 988 Suicide & Crisis Lifeline to talk to a caring professional or consult local resources listed on this handout.
3. Ask them if they are thinking about killing themselves. This will not put the idea into their head or make it more likely that they will attempt suicide.
4. Listen without judging and show you care.
5. Stay with the person or make sure the person is in a private, secure place with another caring person until you can get further help.
6. Remove any objects that could be used in a suicide attempt.

KNOW WHERE TO GO

Local Resources

Memorial Hospital Crisis Line:

812.996.0437

LifeSpring Crisis Line: 800.456.2117

Local Mental Health Providers can be found on duboiscountyresources.org



- Free, confidential 24/7 phone line that connects individuals in crisis with trained counselors
- Specialized lines for both Veterans and the LGBTQIA+ population who are at higher risk
- Can call just to talk about coping with lots of things: substance use, economic worries, relationships, sexual identity, illness, abuse, mental and physical illness, and loneliness.
- You are not alone in reaching out. In 2021, the Lifeline received 3.6 million calls, chats, and texts.

Death by suicide is a preventable death. We hope that you review this information and remember it as you interact with your loved ones and fellow citizens. There is no shame in asking for or needing help. If you see something, say something. If you need something, ask for help. Together we can advocate for improving mental health and make our community a better place to live, work, and play!

Sources:

<https://www.samhsa.gov/mental-health/suicidal-behavior>

<https://www.cdc.gov/nchs/fastats/suicide.htm>

<https://sprc.org/wp-content/uploads/2022/12/Suicide-Prevention-Facts-and-Resources-Fact-Sheet.pdf>

Dubois County Mental Health Partnership

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