

## Suicide Prevention

September is Suicide prevention month.

Mental health and suicide prevention are all too often taboo subjects. It's a tough subject to talk about but it's always an important one. Almost 45, 000 Americans die from suicide each year and is the 7<sup>th</sup> leading cause of death in Colorado. Suicide rates have been increasing over the last decade. The key is noticing the warning signs and preventing further action. There are a few things you should know:

Watch for the signs that someone may be suicidal

- Talking about wanting to die or kill themselves
- Talking about not having reasons to live or that no one would miss them
- Increasing use of alcohol or drugs
- Saying goodbye to loved ones

Often the warning signs are a response to a combination of events. People who have ongoing mental health conditions such as anxiety disorders, substance abuse or depression are more prone to taking further steps towards suicide. Also, issues such as bullying, recent financial crisis, divorce or previous trauma's can all lead towards the feelings of hopelessness and ultimately suicide.

If you notice some one you love may be experiencing suicidal thoughts call 911 immediately, especially if they have a plan or access to weapons. Starting the conversation and providing support for those who need it can prevent suicide. For more information on suicide prevention visit American Foundation for Suicide Prevention on their website at <https://afsp.org> or the Suicide Prevention Resource Center at <http://www.sprc.org>.