

## PREVENTING SUICIDE, TOGETHER.

The prevalence of suicide deaths in the U.S. is alarming, but together we can create positive change.

September is National Suicide Prevention & Awareness Month — help spread the facts about suicide and educate others on how we can help those who may be struggling.

According to the Centers for Disease Control and Prevention (CDC), more than 47,500 Americans die by suicide every year. One way you can help lower this statistic is to talk about it. Having open conversations about mental health and emotional struggles helps reduce the stigma—which is what prevents a lot of people from seeking the help they need. You should reach out for professional help if you or someone you know is showing any of the following warning signs:

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Believe it's possible.  
Believe you are capable.  
Believe you are worthy.

Quotes sourced from *Self By Design*

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## Book of the Month Recommendation

### **Emotional First Aid**

by Guy Winch Ph.D.

We all sustain emotional wounds. Failure, guilt, rejection, and loss are as much a part of life as the occasional scraped elbow. But while we typically bandage a cut or ice a sprained ankle, our first aid kit for emotional injuries is not just understocked—it's nonexistent.

Fortunately, there is such a thing as mental first aid for battered emotions. Drawing on the latest scientific research and using real-life examples, practicing psychologist Guy Winch, Ph.D. offers specific step-by-step treatments that are fast, simple, and effective.

- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Giving away prized possessions
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings
- Exhibiting daring or risk-taking behaviors
- Showing lack of interest in future plans

There are several ways you can go about getting help. If you are employed or have insurance, you can call the behavioral health phone number on the back of your health insurance card or call your Employee Assistance Program (EAP). You can also call a local counseling office and schedule an urgent appointment. If you or someone you know is in crisis, call the National Suicide Prevention Lifeline at **800-273-8255**. If you have lost a loved one to suicide, the impact can be intense and overwhelming. Know that you don't have to cope alone. Talk to a caring professional or join a support group to help you heal and move forward.

### **How to Help with Suicidal Thoughts**

Approaching someone who is struggling can be difficult, but it's worth the discomfort to help save a life.

**ASK:** Ask the person if they think about dying or killing themselves. Don't hesitate to do this—asking will not put the idea in their head, nor will it make them more likely to attempt suicide.

**LISTEN:** Start a conversation with the person and listen without judging to show you care. Create a safe space for them to share their feelings and vent.

**STAY:** Don't leave the person alone. Stay with them or make sure they are in a private, secure place with another caring person until you can get more help.

**CALL:** Call the National Suicide Prevention Lifeline at 1-800-273-8255 or dial 988 and follow their guidance. If danger for self-harm seems immediate, call 911.

**For more information or advice, contact eni online at:**

**[www.eniweb.com](http://www.eniweb.com)**

## **About National Suicide Prevention Month**

### **September is National Suicide Prevention Month.**

All month, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness.

### **National Suicide Prevention Week**

is the Monday through Sunday surrounding World Suicide Prevention Day. It's a time to share resources and stories, as well as promote suicide prevention awareness.

### **World Suicide Prevention Day is September 10.**

It's a time to remember those affected by suicide, to raise awareness, and to focus efforts on directing treatment to those who need it most.