

# NEWS

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**FOR IMMEDIATE RELEASE**

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## **What Can YOU Do To Prevent Suicide?**

We were all struck by tragic and untimely deaths by suicide. In situations such as this, we so often hear that there were no warning signs, no indication that there was a problem. However, it is estimated that 90% of those who died by suicide suffered from a depressive illness. This disease is, however, not always diagnosed or treated.

In fact, did you know that in the United States one person completes suicide every 13 minutes? Or that 41,149 deaths by suicide occurred in our country during 2013? Or that suicide was the 10<sup>th</sup> leading cause of death in the U.S. during 2013 . . . even higher than homicide. Or that, 206 people died by suicide in Warren County and 45 in Clinton County in the last 10 years (2005-2014), most commonly by firearm?

Experts believe that most suicidal individuals do not want to die. They just want to end the pain they are experiencing. Experts know that suicidal crises tend to be brief. When suicidal behaviors are detected early, lives can be saved. . . lives of husbands, wives, mothers, fathers, sons, daughters, siblings, neighbors, and co-workers. People we may have contact with every day.

September 7th through September 13th is National Suicide Prevention Week. This year's theme is "**Preventing Suicide: Reaching Out and Saving Lives.**" The act of showing care and concern to someone who may be vulnerable to suicide can be a game-changer. Asking them whether they are OK, listening to what they have to say in a non-judgmental way, and letting them know you care, can all have a significant impact.

Isolation increases the risk of suicide so being there for someone who has become disconnected can be life-saving. Social connectedness is a valuable preventive factor. If an individual is feeling the overwhelming burden of hopelessness, being connected to a social support system can assist him or her through this time of need. These friends, neighbors, relatives or co-workers can help by providing guidance to professional help. Recognizing and reaching out to those who are struggling can save their life. Everyone can play a role.

This is why the Suicide Prevention Coalition of Warren and Clinton Counties supports a number of FREE trainings which can educate community members on how to identify individuals who are suffering from suicidal thoughts and to direct them to professional help. These can be scheduled for your workplace, school, church or other group and include:

**General community trainings:**

- Question, Persuade Refer (QPR) which is a 2 hour training
- Mental Health First Aid which is an 8 hour training

**School program:**

- Signs of Suicide (SOS) for both middle schools and high school students

The Coalition has also developed a variety of informational materials which can be requested in hard copy or downloaded from our website. Two of our newest publications are focused on reducing access to lethal means including:

- Prescription Disposal Drop Box locations card
- Safe Firearm Storage tips

Early identification of individuals at risk is essential. Everyone can assist by guiding individuals to professionals who can provide crisis intervention, counseling, and psychiatric care. These services can be particularly effective as depression or other mental health issues are commonly present, however may not be professionally diagnosed. Local help is available on a free or sliding fee basis. A list of Mental Health Recovery Services' contract providers can be accessed from our website.

The Suicide Prevention Coalition of Warren and Clinton Counties, made up of a multitude of community members and partners from social service and governmental agencies, works to enhance awareness, increase early intervention and ultimately decrease the incidence of deaths by suicide and suicide attempts locally. For more information about the Coalition or any of the referenced trainings, materials or services, visit our website at [www.mhrsonline.org](http://www.mhrsonline.org) or call Mental Health Recovery Services of Warren and Clinton Counties at 513-695-1695.

### **Common Warning Signs**

- Giving away favorite possessions
- A marked or noticeable change in an individual's behavior
- Previous suicide attempts & statements revealing a desire to die
- Depression (crying, insomnia, inability to think or function, excessive sleep or appetite loss)
- Inappropriate "good-byes"
- Verbal behavior that is ambiguous or indirect: "I'm going away on a real long trip." "You won't have to worry about me anymore." "I want to go to sleep and never wake up."
- Purchase of a gun or pills
- Alcohol or drug abuse
- Sudden happiness after long depression
- Obsession about death and talk about suicide
- Decline in performance of work, school, or other activities
- Deteriorating physical appearance, or reckless actions

### **What To Do**

- Take suicide threats seriously, be direct, open and honest in communications.
- Listen, allow the individual to express their feelings and express your concerns in a non-judgmental way.
- Say things like. "I'm here for you. Let's talk. I'm here to help."

### **Where to Get Help**

#### **Free or Sliding Fee Scale Services for Warren/Clinton County Residents**

24 Hour Toll-Free Crisis Hotline for Warren & Clinton Counties

**877-695-6333**

**OR 877-695-NEED**

Solutions Community Counseling and Recovery Centers

Warren County Offices

**800-932-**

**3366**

Clinton County Office

**937-383-**

**4441**

Talbert House

Warren County Office

**513-932-**

**4337**

Clinton County Office

**513-520-**

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