

NEWS



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September 4-10 Proclaimed Suicide Prevention Week

The Warren County Commissioners proclaimed September 4-10 as Suicide Prevention Week at their meeting on Thursday. The Proclamation stands as recognition that suicide is a public health problem which is preventable.

In the United States, a person completes suicide every 15 minutes, making suicide the nation's 11th leading cause of death. In 2010, Warren County death certificates noted 29 suicide deaths. This represents the highest number in the 10 years the local Coalition has been tracking the data.

Suicide affects both genders, all ages, all races, and all educational backgrounds. These individuals represent husbands and wives, mothers and fathers, sons and daughters, siblings, neighbors, and co-workers. People we may have contact with every day. These tragic and unnecessary deaths also affect the lives of survivors -- those who have lost a loved one to suicide. It is estimated that 4.6 million people in the United States are survivors of suicide.

But these statistics only tell part of the story; there are also countless suicide attempts. Nationally, it is estimated there are as many as 25 attempts for every death by suicide. A study published this month by the Substance Abuse and Mental Health Services Administration revealed that in 2008, an estimated 8.3 million adults aged 18 or older had serious thoughts of suicide in the past year. And, 1.1 million people actually attempted suicide.

The leading risk factor in suicide is depression. In fact, 90% of those who died by suicide suffered from a depressive illness. This disease is, however, not always diagnosed or treated. Thus, mental health screening and treatment are imperative in decreasing the incidence of suicide.

"We are so appreciative the county officials acknowledge the need to address the problem and reduce the stigma of receiving mental health care. Help is available and treatment works," said Patti Ahting, the local Suicide Prevention Coalition Chair and Associate Director of Mental Health Recovery Services of Warren and Clinton Counties.

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Individuals at risk can be guided to professionals who can assist with crisis intervention, counseling, and psychiatric care. These services can be particularly effective as depression or other mental health issues are very frequently present, however may not be professionally diagnosed. Local help is available on a free or sliding fee basis.

The Suicide Prevention Coalition of Warren and Clinton Counties, made up of partners from a multitude of social service and governmental agencies as well as interested community members, works to enhance awareness, increase early intervention and ultimately decrease the incidence of deaths by suicide and suicide attempts locally.

The Suicide Prevention Coalition also provides literature and speakers to employers, community groups, schools, churches and any other interested groups. For more information about the Suicide Prevention Coalition, call Mental Health Recovery Services of Warren and Clinton Counties at 513-695-1695 or 937-783-4993, ext. 1695, or go to www.mhrsonline.org/suicidepreventioncoalition.

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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."
- Ask, "Are you having suicidal thoughts?" A detailed plan indicates greater risk.
- Take action sooner rather than later.
- Get the individual who is at risk connected with professional help.
- Dispose of pills, drugs and guns.
- Don't worry about being disloyal to the individual; contact a reliable family member or close friend of the person.

Where to Get Help

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

1-877-695-6333
OR 1-877-695-NEED

Solutions Community Counseling and Recovery Centers
(formerly Mental Health & Recovery Center of Warren County)

Mason Center	513-398-2551
Lebanon Center	513-228-7800
Springboro Center	937-746-1154



Suicide Prevention Coalition members Carla Daasch, Sandy Smoot and Patti Ahting accept the Proclamation from Warren County Commissioners Pat South, David Young and Tom Ariss on September 8th.

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