

Coping with Loss

Grief over the loss of a job or financial security is not unlike other types of bereavement. After any significant loss, you may experience a multitude of emotions including shock, anger, guilt, and depression. Sometimes these feelings will never seem to let up. These are a normal part of the grieving process.

There are healthy ways to cope with the loss. These include:

- Expressing your feelings; don't hold them inside
- Acknowledging your loss and seek support from family and friends
- Maintaining normal daily routines
- Volunteering at a school or social service agency
- Exercising or getting physical activity
- Joining a support group
- Drawing comfort from your faith
- Understanding unemployment is a temporary situation

However, grief and depression sometimes becomes so intense, professional help is necessary. This would be if you:

- Feel life is not worth living
- Blame yourself for the loss or for failing to prevent it
- Feel numb and disconnected from others for more than a few weeks
- Are unable to perform daily functions
- Are experiencing changes in sleeping or eating habits (increase or decrease)
- Are experiencing low energy or have fatigue
- Are having feelings of hopelessness or low self-esteem
- Are experiencing poor concentration or difficulty making decisions

Where to Get Help

Local Resources offering Free Services or on a Sliding Fee Scale:

**24 Hour Toll-Free Crisis Hotline
for Warren & Clinton Counties**
1-877-695-6333
OR 1-877-695-NEED

•

**Solutions Community Counseling &
Recovery Centers**

Warren County Office
1-800-932-3366

Clinton County Office
1-937-383-4441

This Brochure is produced by the Suicide Prevention Coalition of Warren & Clinton Counties through a grant from the Ohio Suicide Prevention Foundation. For more information about the Coalition, contact:

**Mental Health Recovery Services of
Warren & Clinton Counties**
Lebanon, OH
Phone 513-695-1695
www.mhrsonline.org/suicidepreventioncoalition

Sources: "Suicide Prevention: A Plan for Ohio," The Ohio Suicide Prevention Foundation, and Health Departments for Warren County and Clinton County.



Loss, Depression, and Despair



Effects of the Economic Situation

Help is Available

24 Hour Toll-Free Crisis Hotline for
Warren & Clinton Counties
1-877-695-6333
or
1-877-695-NEED

Loss, Depression, and Despair

Effects of the Economic Situation

Since the economic downturn hit in late 2008, work-related stress has been at an all time high. Employees are in near constant fear of lay-offs, as they see colleagues losing their jobs, working longer hours, and not taking vacations. Former friends at work are now seen as competitors in this tight job market. Employees are being pushed to their limit to meet productivity and increased expectations.

Many have suffered unemployment, which impacts a multitude of life factors including the ability to care for home and family. As financial obligations build, so do stress and despair. The lack of available jobs often leads to a loss of self-esteem and feelings of worthlessness.

These economy-related realities, coupled with the ever-present stressors of caring for children, caring for aging parents, and personal health issues, can lead to feeling very overwhelmed.

Depression is the leading risk factor in suicide. In fact, 90% of those who die by suicide suffered from a depressive illness. Unfortunately, this disease is not always diagnosed or treated. The second major risk factor is Drug or Alcohol Abuse, as this is frequently used as a way to cope. The mix of depression and substance abuse places an individual at grave risk. Drinking and using drugs may reduce inhibitions and impair the judgment of someone thinking about suicide, making the act more likely.

It is important to know the warning signs and seek help. Assistance in coping with these life events is available!

High Risk Life Events Associated With Suicidal Thoughts

- Loss of job, home, money, self-esteem, personal security
- Death or terminal illness of a loved one
- Divorce, separation, or broken relationship
- Loss of health (real or imaginary)
- Anniversaries
- Difficulties with school, family, the law
- Early stages of recovery from depression

Common Warning Signs of Suicide

- 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

If your Loved One is Expressing Suicidal Thoughts:

What Not To Do

- Do not leave the person alone if you feel the risk to their safety is immediate.
- Do not act shocked or condemn. There may not be another cry for help.
- Do not point out to them how much better off they are than others. This increases feelings of guilt and worthlessness.
- Do not suggest drugs or alcohol as a solution.
- Don't judge or argue with the person.

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 nonjudgmental way.
- Ask, "Are you having suicidal thoughts?" A detailed plan indicates greater risk.
- Take action sooner rather than later.
- Dispose of pills, drugs and guns.
- Contact a reliable family member or close friend of the person. Don't worry about being disloyal.

GET PROFESSIONAL HELP!

During the past 6 years, 59% of suicide deaths in Warren & Clinton Counties were among men age 30-60.