



LA PORTE COUNTY HEALTH DEPARTMENT

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To bring awareness to suicide and its prevention, September is recognized as National Suicide Prevention Awareness Month. The Centers for Disease and Control and Prevention (CDC) reports suicide is the 10th leading cause of death in the United States making it responsible for more than 47,500 deaths in 2019 which correlates to about one death every 11 minutes.

Suicide is a serious public health problem that can have lasting harmful effects on individuals, families, and communities. People who have experienced loss, prolonged stress, family history, violence, including child abuse, bullying, sexual violence have a higher suicide risk.

Research shows the impact of knowing someone who died by suicide and/or having lived experience is much more extensive than actual injury and death.

The goal of suicide prevention is to reduce factors that increase risk and increase factors that promote resilience. Anyone can assist in suicide prevention by being active helping the one in crisis. We can also be aware of the warning signs and know what to do if we come across someone in crisis.

- Talking about wanting to die
- Looking for a way to kill oneself
- Talking about feeling hopeless or having no purpose
- Talking about feeling trapped or unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious, agitated or recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

Educating ourselves on what to do ahead of time, helps keep us prepared in the event that we come across someone in crisis.

- Do not leave person alone
- Remove any firearms, alcohol, drugs, or sharp objects that could be used in a suicide attempt
- Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255)
- Take the person to an emergency room, or seek help from a medical or mental health professional

Mission Statement:

"To engage and partner in a collaborative and responsive effort with the community and local organizations with respect to the diversity of the community to better serve present and future generations."

Know and have readily available resources on suicide awareness and prevention on your phone, tablet or PC.

The National Suicide Prevention Lifeline provides free and confidential emotional support and crisis counseling to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States. The National Suicide Prevention Lifeline toll-free number, 1-800-273-TALK(8255) connects the caller to a certified crisis center near where the call is placed.

Online lifeline chat <https://suicidepreventionlifeline.org/chat/>

Both are free and confidential. You'll be connected to a skilled, trained counselor in your area
<https://www.cdc.gov/suicide/facts/index.html>

You can also connect 24/7 to a crisis counselor by texting the Crisis Text Line Text HOME to 741741.

If you or your group is interested in receiving certified Question, Persuade and Refer gatekeeper training, please contact Sue Reed at Healthy Communities, 219-210-3499.

Strategies to Prevent Suicide:

Strengthen economic supports

- Strengthen household financial security
- Housing stabilization policies

Strengthen access to and delivery of suicide care

- Coverage of mental health conditions in health insurance policies
- Reduce provider shortages in underserved areas
- Safer suicide care through system change

Create protective environments

- Reduce access to lethal means among persons at risk for suicide
- Organizational policies and culture
- Community-based policies to reduce excessive alcohol use

Promote connectedness

- Peer norms programs
- Community engagement activities

Teaching coping and problem-solving skills

- Social-emotional learning programs
- Parenting skill and family relationship programs

Identify and support people at risk

- Gatekeeper training
- Crisis intervention
- Treatment for people at risk of suicide
- Treatment to prevent re-attempts

Lessen harms and prevent future risk

- Postvention
- Safe reporting and messaging about suicide

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