

In this issue...

Suicide Prevention Day, September 10	1
Suicide Myth vs. Fact	1
If You Think Someone Is Considering Suicide	2
Suicide Stats & Resources	3
Community Events & Support Groups	4

Suicide is a major public health concern nationally and locally. Over 41,000 people die by suicide each year in the United States; more than twice as many people die by suicide each year than by homicide. Here in Cortland, over 10% of adults reported having more than 14 “poor mental health” days in the last month, which is higher than the state rate.¹ Suicide is tragic. But it is often preventable. Knowing the risk factors for suicide and **who** is at risk can help reduce the rate of suicide.

¹ NYS DOH

FACT: 18% of middle school kids and 17% of high school kids in Cortland County reported seriously considering suicide. 2013 CACTC Youth Survey



International Association for Suicide Prevention

September 10, 2015

World Suicide Prevention Day

Preventing Suicide: Reaching Out and Saving Lives

Join Us!

SUICIDE PREVENTION WALK & RESOURCE FAIR

Thursday, September 10th
4 - 6 pm, County Office Building Gym
60 Central Avenue, Cortland

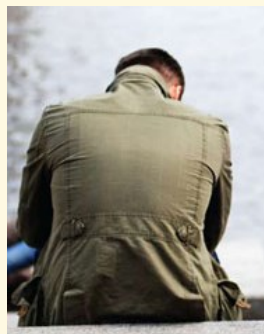
Contact Shelley Smith for more info:
607-423-7472 or ssmith@ccocc.org

[Flyer with details](#)



- **FREE !**
- **Live music**
- **Refreshments**

Suicide: Myth vs. Fact



Myth: Suicide can't be prevented. If someone is set on taking their own life, there is nothing that can be done to stop them.

Fact: Suicide is preventable. The vast majority of people contemplating suicide don't really want to die. They are seeking an end to intense mental and/or physical pain. Most have a mental illness. Interventions can save lives.

Myth: People who take their own life are selfish, cowards, weak or are just looking for “attention.”

Fact: More than 90% of people who take their own life have at least one and often more than one treatable mental illness such as depression, anxiety, bipolar disorder, schizophrenia and/or alcohol and substance abuse. With better recognition and treatment many suicides can be prevented.

Continued on page 3



If You Think Someone Is Considering Suicide...

Why Do People Attempt Suicide?

A suicide attempt is a clear indication that something is gravely wrong in a person's life. No matter the race or age of the person; how rich or poor they are, it is true that most people who die by suicide have a mental or emotional disorder. The most common underlying disorder is depression, 30% to 70% of suicide victims suffer from major depression or bipolar (manic-depressive) disorder.

Warning Signs of Someone Considering Suicide

Any one of these signs does not necessarily mean the person is considering suicide, but several of these symptoms may signal a need for help:

- Verbal suicide threats such as, "You'd be better off without me." or "Maybe I won't be around"
- Expressions of hopelessness and helplessness
- Previous suicide attempts
- Daring or risk-taking behavior
- Personality changes
- Depression
- Giving away prized possessions
- Lack of interest in future plans

Remember: Eight out of ten people considering suicide give some sign of their intentions. People who talk about suicide, threaten suicide, or call suicide crisis centers are 30 times more likely than average to kill themselves.

If You Think Someone Is Considering Suicide

- Trust your instincts that the person may be in trouble
- Talk with the person about your concerns. Communication needs to include LISTENING
- Ask direct questions without being judgmental.

- Determine if the person has a specific plan to carry out the suicide. The more detailed the plan, the greater the risk.
- Get professional help, even if the person resists
- Do not leave the person alone
- Do not swear to secrecy
- Do not act shocked or judgmental
- Do not counsel the person yourself

Preventing Suicide

Although they may not call prevention centers, people considering suicide usually do seek help; for example, 64% of people who attempt suicide visit a doctor in the month before their attempt, and 38% in the week before.¹

¹ Ahmedani, Brian K. "Racial/Ethnic Differences in Health Care Visits Made Before Suicide Attempt Across the United States." *Medical Care* 53.5 (May 2015): 430-35. Web.

Source: Mental Health America, © Copyright Mental Health America, Downloaded 8.14.15

<http://www.mentalhealthamerica.net/suicide>



RESOURCES AND MORE INFORMATION:

Local Resources:

[Cortland County Suicide Prevention Brochure](#)
[Cortland County Suicide Prevention Wallet Card](#)



American Foundation for Suicide Prevention

Phone Number: 888-333-AFSP (2377)

Website URL: www.afsp.org

National Center for the Prevention of Youth Suicide

Peer support and the "U OK?" program

<http://www.suicidology.org/ncpys>

International Associate for Suicide Prevention

<https://www.iasp.info/index.php>

National Alliance on Mental Illness (NAMI)

Nami.org

The Jed Foundation (college and young adult)

<https://www.jedfoundation.org/>



Half of Us (online youth resources)

<http://www.halfofus.com/condition/suicide/>

Suicide Prevention Resource Center

<http://www.sprc.org/sites/sprc.org/files/>

Department of Veterans Affairs

www.mentalhealth.va.gov/gethelp.asp



SUICIDE – BASIC FACTS

An American dies by suicide every **12.95 minutes**¹



Americans attempt suicide an estimated

1 MILLION times annuallyⁱⁱⁱ

90% of those who die by suicide had a diagnosable psychiatric disorder at the time of their deathⁱⁱ



In 2012, firearms were the most common method of death by suicide, accounting for **50.9%** of all suicide deaths, followed by suffocation (including hangings) at **24.8%** and poisoning at **16.7%**



For every **woman** who dies by suicide, four **men** die by suicide, but women are 3x more likely to attempt suicide^{iv}

Over **40,000** Americans die by suicide every year.ⁱ Suicide is the **10th leading cause of death**ⁱ in the United States

- **2nd** leading cause of death for ages 10-24
- **5th** leading cause of death for ages 45-59
- The suicide rate among American Indian/Alaska Native adolescents and young adults ages 15-24 is **1.8 times** the national average



Veterans comprise **22.2%** of suicides^{iv}

SUICIDE – THE COST

\$44 BILLION

The combined medical and work loss costs in the United States each yearⁱ

More than

1.5 MILLION

years of life are lost annually to suicideⁱ

¹ Data obtained from CDC's Web-Based Injury Statistics Query and Reporting System (WISQARS)
ⁱⁱ National Center for Health Statistics for the year 2006
ⁱⁱⁱ Centers for Disease Control and Prevention, Suicide – Facts at a Glance
^{iv} Department of Veterans Affairs 2012 Suicide Data Report

Source: American Foundation for Suicide Prevention, afsp.org

Suicide: Myth vs. Fact

continued from page 1

Myth: Asking someone if they are thinking about suicide will put the idea in their head and cause them to act on it.

Fact: When you fear someone you know is in crisis or depressed, asking them if they are thinking about suicide can actually help. By giving a person an opportunity to open up and share their troubles you can help alleviate their pain and find solutions.

Myth: Teenagers and college students are the most at risk for suicide.

Fact: The suicide rate for this age group is below the national average. Suicide risk increases with age. Currently, the age group with the highest suicide rate in the U.S. is middle-aged men and women between the ages of 45 and 64. The suicide rate is still highest among white men over the age of 65.

Myth: Barriers on bridges, safe firearm storage and other actions to reduce access to lethal methods of suicide don't work. People will just find another way.

Fact: Limiting access to lethal methods of suicide is one of the best strategies for suicide prevention. Many suicides can be impulsive and triggered by an immediate crisis. Separating someone in crisis from a lethal method (e.g., a firearm) can give them something they desperately need: time. Time to change their mind, time to resolve the crisis, time for someone to intervene.

Myth: Someone making suicidal threats won't really do it, they are just looking for attention.

Fact: Those who talk about suicide or express thoughts about wanting to die, are at risk for suicide and need your attention. Most people who die by suicide give some indication or warning. Take all threats of suicide seriously. Even if you think they are just "crying for help"—a cry for help, is a cry for help—so help.

Source: afsp.org

If you or someone you know is contemplating suicide, call:

[1-800-SUICIDE](tel:1800SUICIDE)

(1-800-784-2433) or

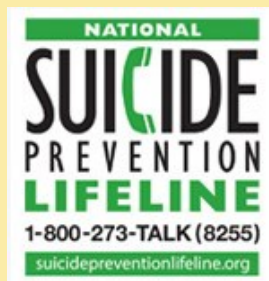
[1-800-273-TALK](tel:1800273TALK)

(1-800-273-8255)

OR 1-800-784-2433

www.hopeline.com

This will connect you with a crisis center in your area.



Suicide Prevention App:

<http://www.my3app.org/>.

With MY3, you define your network and your plan to stay safe. You can be prepared to help yourself and reach out to others when you are having thoughts of suicide. There is hope and a life to look forward to, even in your darkest moments. Who are your 3? Is it your sister? Your therapist? Maybe even a neighbor down the street? Download MY3 to make sure that your 3 are there to help you when you need them most.



Questions, comments, or
feedback on the MHA
Newsletter? We appreciate
your thoughts!

EMAIL OPTION:

If you'd like to receive
the MHA Newsletter
electronically **in color**
as a PDF, please send
your full name and
email to: jmartin@sevenvalleyshealth.org

Addressee

Community Events & Support Groups

Wednesday, Sept. 9, FOOD FOR THOUGHT

Discussion on Youth Suicide Awareness & Prevention

Garra Lloyd-Lester, Youth Suicide Prevention Specialist
12 noon, 9 Main Street, Cortland. Free, lunch provided.

RSVP: FoodForThoughtRSVP@gmail.com,
or 607-756-8970, ext. 260



Parents & Change Support Group

This support group is for parents and caregivers of
children, teens, and adults with mental health
conditions. Meetings are from 6:00pm to 7:30pm at
90 Central Avenue in Cortland. For more information,
contact Beckey Tripp at parentsandchange@yahoo.com.

**"Mental Health is nothing to be ashamed of.
Neither is talking about it"**

2015 Meetings: September 21, October 19,
November 23, December 21

SUICIDE PREVENTION DAY

September 10, 2015

Light a candle near a window at 8pm:



To show your support
To remember a loved one
For the survivors of suicide

Survivors Of a Loved One's Suicide (SOLOS) Support Group



Come join us in a safe, comfortable environment to talk
about your lost loved one(s). Meetings are held the first
Thursday of every month from 5:30 pm - 7:00 pm.
For more info please contact Family Counseling Services
at 607-753-0234.



If you have an upcoming community event you would like considered for admission to
the MHA Newsletter, send your announcement to jmartin@sevenvalleyshealth.org.

Disclaimer: The information presented here does not constitute professional medical advice. Individuals respond to treatment for
mental health conditions in different ways, and treatment plans often need adjustment over time. Patients should work closely with
their doctor and other health professionals in order to achieve optimal control of symptoms.