

NATIONAL REPORT

AUGUST - SEPTEMBER 2020

National Suicide Prevention and Awareness Month:

Why didn't I...?
Maybe I should have...?
Could I have called?
I wish I would have stopped by.
Would things have turned out differently if I had...?
If only...

Cindy Moore



These are questions which haunt the minds of those who have lost someone to suicide.
Why didn't I see the signs?

The number of suicide deaths in the United States is staggering and the social isolation due to COVID has made the problem worse. We can all help prevent suicide by being aware of the warning signs and taking notice of those who may be struggling.

Donnie always said, "We live life looking forward; we understand life looking back." This is so true especially when someone we love takes their life. I remember my family and I processing events and signs we missed as Donnie battled the depression. I wish I would have known what to look for. It may not have made a difference, but then, it may have. I didn't know I could call the Suicide Lifeline (number on the back) with any questions I had.

September is Suicide Prevention and Awareness Month. Suicide is a complex problem with no easy answers and we cannot always prevent it, but if we can become educated and aware of what to look for we can possibly save someone's life. Awareness helps break the stigma surrounding suicide and mental health and normalizes not only checking on each other's mental health, but making it ok for people to say, "I'm struggling."

This month on our social media we will continue to provide more information to help bring this topic to the forefront of discussion.

See the other side for more information.

Suicide Warning Signs

Knowing and recognizing the warning signs is key to preventing suicide. Seek help if you or someone you know is experiencing any of the signs below.

- ❗ Talking about wanting to die
- ❗ Looking for a way to kill oneself
- ❗ Talking about having no reason to live
- ❗ Giving away prized possessions
- ❗ Acting anxious or agitated
- ❗ Talking about being in unbearable pain
- ❗ Sleeping too little or too much
- ❗ Withdrawing or feeling isolated
- ❗ Increasing the use of alcohol or drugs
- ❗ Showing rage or seeking revenge
- ❗ Displaying extreme mood swings
- ❗ Talking about being a burden to others
- ❗ Exhibiting daring or risk-taking behaviors
- ❗ Showing lack of interest in future plans

National Suicide Prevention Lifeline
800-273-8255

 **NEW DIRECTIONS[®]**
ndbh.com/suicide

Sources: Substance Abuse and Mental Health Services;
Centers for Disease Control