



My Good Brain

SUICIDE

PREVENTION

Awareness Month

September 2023

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Suicide Prevention Awareness Month

Every year, lifelines and mental health organizations raise awareness about suicide prevention during the month, offering resources and help for those who need it.

September was first declared as Suicide Prevention Awareness Month in 2008; ever since, mental health

organizations and people join in to raise awareness and offer help. The month is all about acknowledging those who have been affected by suicide, connect individuals with suicidal tendencies to proper treatments as well as share resources with them.

According to CDC, more than 40,000 individuals die by suicide yearly and is the 10th leading cause of death for adults in the U.S. and the 2nd leading cause of death for individuals aged 10-24 in the U.S. September 10 is world suicide prevention day, along with September 10-16 being the suicide prevention week.





Statistics

mental illnesses

- 1 in 5 U.S. adults experience mental illness each year
- 1 in 20 U.S. adults experience serious mental illness each year
- 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year
- 50% of all mental illness begins by age 14, and 75% by age 24
- The majority of youth who attempt suicide have a significant mental health disorder, usually depression
- Depression and suicidal feelings are treatable mental disorders. With proper diagnosis and a comprehensive treatment plan, youth and young adults can improve their mental wellbeing.

suicide statistics

- Suicide is the 2nd leading cause of death among people ages 10-14
- From 2000 to 2020, more than 800,000 people died by suicide in the United States

who is helped

- 1 in 8 adults receive mental health treatment
- 10.4% of people receive medication
- 3% of people receive psychological therapy.

**YOU ARE
NOT ALONE**



**Signs
And
Symptoms**

Warning Signs

There are many ways in which people with mental illnesses unintentionally show that they are going through a hard time. These warning signs can allow you to help others.

1

Sadness, Mood Swings, & Waves of Depression

Depression often gets worse if it isn't treated, resulting in emotional, behavioral and health problems that affect every area of your life.

2

Difficulty Sleeping, Low Energy, Excessive Tiredness

Mental fatigue or mental exhaustion occurs when your brain goes into overdrive after being exposed to stress and anxiety for a prolonged period of time.

3

Risk-Taking Behaviors

Pathological impulsivity and risk taking are common in patients with serious mental illness.

4

Loss of Appetite and/or Sudden Weight Fluctuations

For many, changes in appetite can be one of the earlier signs of being depressed or even a warning sign of an upcoming depressive episode.

5

Planning to or Harming Oneself

Deliberately hurting your own body, such as by cutting or burning, is a harmful way to cope with emotional pain.

6

Excessive Anxiety, Worries, or Fears

Feeling excessively worried, anxious, or fearful, is an early sign that you or a loved one might be struggling with a mental disorder.



Ways of Prevention

Suicide is a public health problem that can have lasting effects on individuals in society. However, it is preventable. Everyone can prevent suicide by learning the warning signs, risks, educating others and raising awareness.

1 Create protective environments

Ensuring the environment is safe from things such as physical and emotional abuse decreases the likelihood of suicide. It can be created through a variety of ways such as activities, policies and protocols that minimize access to lethal means.

2 Improve access and delivery of suicide care

Several studies have found that greater availability of mental health care reduced rates of suicide. There are various things that can be increased to prevent suicide such as increased availability of suicide hotlines, resources, support groups

3 Identify and support people in risk

Through identification of people in risk of suicide, they can be directed towards the support they need and resources to help them which would further reduce rates of suicide. It's essential that as an united society, we support each other.

4 Promote healthy connections

Strong connections to groups and other individuals raises the person's sense of belonging, provides a sense of personal value. These group connections offer access to a larger support source that take the responsibility of looking after each other's wellbeing.





Resources

Crisis Line (USA)

Are you in a crisis? Call or text 988 or text TALK to 741741
Lifeline number 1-800-273-8255

Finding Treatment

There's help out there. Check out what may work for you and what's available in your area. Don't give up, your mental health matters!

- **Find Treatment - findtreatment.gov**
- **Psychology Today - psychologytoday.com**
- **Finding a Psychiatrist - finder.psychiatry.org**
- **American Psychological Association - locator.apa.org**

Mental Health Alliances

- *The Jed Foundation - jedfoundation.org*
- *American Foundation for Suicide Prevention - afsp.org*
- *National Alliance on Mental Health - nami.org*
- *Mental Health Resources for Black Americans - blackmentalhealth.com*

For LGBTQ+ Individuals

- *The Trevor Project - thetrevorproject.org*
- *National Queer & Trans Therapists of Color Network - ngttcn.com/en/*
- *Mental Health Resources in the LGBTQ Community - <https://www.hrc.org/resources>*
- *National Alliance on Mental Illness - nami.org/Your-Journey/Identity-and-Cultural-Dimensions/LGBTQ*

Books & Podcasts

Feeling Good: The New Mood Therapy - David D. Burns
The Body Keeps The Score - Bessel Van Der Kolk
(Don't) Call Me Crazy - Kelly Jensen
Suicide Noted - Sean Wellington
Last Day - Lemonade Media
The Hilarious World of Depression - American Public Media





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