

Sunflower Counseling Center

September is National Suicide Prevention Awareness Month



Suicide is Preventable.

Everyone can help prevent suicide by learning the warning signs, risk factors, and prevention strategies. Learn more below!

People consider suicide for many different reasons. Some risk factors include history of mental illness or trauma, loss of relationships, job or financial problems, bullying, or serious illness/chronic pain.

You can help your loved one by checking in with them regularly and encouraging safe, open communication. It is important to listen without judgement. Connecting your loved one with a mental health professional can be a valuable resource. Contact NJ Mental Health Cares at 866-202-HELP for mental health resources. Your loved one's primary care doctor can also help connect them with a therapist or psychiatrist. Remember, when we all work together, suicide is preventable!

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FACT #1

In 2021, suicide was the second leading cause of death for people **ages 10-14 and 20-34.**

2

FACT #2

In 2021, one person died by suicide approximately every **11 minutes.**

3

FACT #3

About **12.3 million** adults have seriously considered suicide.



Suicide Warning Signs

- Talking about death/dying
- Making a plan, researching ways to die
- Feelings of emptiness or hopelessness
- Sudden change in mood
- Engaging in dangerous risk taking behavior
- Giving away valued possessions
- Withdrawing from loved ones

Need Help?

- Call or Text 9-8-8
- Chat: www.988lifeline.org
- Crisis Textline: Text HOME to 741741
- Call 9-1-1 or go to your local ER