

Wellness Wednesday

Level Up
Elevate your total wellbeing.

OHRM Office of Human Resources Management



September is National Suicide Prevention Awareness Month. National Suicide Prevention Week is September 6 through September 12. It is a time to share resources and stories in an effort to shed light on this critical matter and stigmatized topic. This month is used to reach out to those affected by suicide, raise awareness and connect individuals with suicidal ideation to treatment services. It is also important to ensure that individuals, friends and families have access to support and resources.

According to [The Centers for Disease Control and Prevention](#), suicide is a serious public health problem that can have lasting harmful effects on individuals, families and communities. While its causes are complex and determined by multiple factors, the goal of suicide prevention is to reduce factors that increase risk and increase factors that promote resilience. Click on this [video](#) for additional information on suicide.

Facts & Stats

- Suicide is a large and growing public health problem. It is the 10th leading cause of death in the United States. It was responsible for more than 48,000 deaths in 2018 – resulting in one death every 11 minutes.
- Suicide does not discriminate—it affects all ages. It is the second leading cause of death for people 10 to 34 years of age, the fourth leading cause for 35 to 54 years of age and the eighth leading cause among 55 to 64 years of age.

Prevention Strategies

- Knowing the signs may help save someone's life. The signs may appear in conversations, through actions or in social media posts. If you observe one or more of these signs, especially if the behavior is new, increased or related to a recent painful event, loss or change – step in and speak up.
- Some signs may include changes in sleep, uncontrolled anger, sudden mood changes, anxiety, talking about being a burden to others, increased alcohol or drug use, giving away possessions, talking about wanting to die and other concerning behaviors.

Help & Support

There is help and you are never alone. The following resources can help you find immediate help, help someone in crisis and provide education about this mental illness.

- [The Centers for Disease Control and Prevention](#)
- [National Alliance on Mental Illness](#)
- [National Institute of Mental Health](#)
- [National Suicide Prevention Lifeline](#)
- [Cigna](#) members
- [Kaiser Permanente](#) members