



WASHINGTON HEALTH SYSTEM
Center for Mental Health and Wellbeing

MONTHLY NEWSLETTER



It's National Suicide Prevention Month!

If You Know Someone in Crisis call the [National Suicide Prevention Lifeline \(Lifeline\)](#) at 1-800-273-TALK (8255), or text the [Crisis Text Line](#) (text HELLO to 741741). Both services are free and available 24 hours a day, seven days a week. All calls are confidential. Contact social media outlets directly if you are concerned about a friend's social media updates or dial 911 in an emergency. Learn more on the [Lifeline's website](#) or the [Crisis Text Line's website](#).

The [Veterans Crisis Line](#) connects Service members and Veterans in crisis, as well as their family members and friends, with qualified Department of Veteran's Affairs (VA) responders through a confidential toll-free hotline, online chat, or text messaging service. Dial 1-800-273-8255 and Press 1 to talk to someone or send a text message to 838255 to connect with a VA responder. You can also start a confidential online chat session at [Veterans Crisis Chat](#).

What is Suicide? **Suicide** is when people harm themselves with the goal of ending their life, and they die as a result. A **suicide attempt** is when people harm themselves with the goal of ending their life, but they do not die. Avoid using terms such as "committing suicide," "successful suicide," or "failed suicide" when referring to suicide and suicide attempts, as these terms often carry negative meanings.

It is important to note that suicide is not a normal response to stress. **Suicidal thoughts or actions are a sign of extreme distress and should not be ignored.** If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.

Everyone has a role to play in preventing suicide. For instance, faith communities can work to prevent suicide simply by fostering cultures and norms that are life-preserving, providing perspective and social support to community members, and helping people navigate the struggles of life to find a sustainable sense of hope, meaning, and purpose.

Although prior suicide attempts is one of the strongest risk factors for suicide, the vast majority of people who attempt suicide—9 in 10—do not ultimately die by suicide. A growing number of people who have lived through suicidal experiences are writing and speaking about their experiences, connecting with one another, and sharing their pathways to wellness and recovery.

**September
2021**



Month

[National Recovery Month](#)
[National Suicide Prevention Month](#)

Week

[National Suicide Prevention Week](#) (Sep. 5-11)

Day

[Every Woman Day](#)
(Sep. 3)

[World Suicide Prevention Day](#)
(Sep. 10)

[California Native American Day](#)
(Sep. 24)

To learn more visit:

<https://sacwellness.com/mental-health-awareness-calendar/>

Warning Signs

- Warning signs that someone may be at immediate risk for attempting suicide include:
- Talking about wanting to die or wanting to kill themselves
- Talking about feeling empty or hopeless or having no reason to live
- Talking about feeling trapped or feeling that there are no solutions
- Feeling unbearable emotional or physical pain
- Talking about being a burden to others
- Withdrawing from family and friends
- Giving away important possessions
- Saying goodbye to friends and family
- Putting affairs in order, such as making a will
- Taking great risks that could lead to death, such as driving extremely fast
- Talking or thinking about death often

Other serious warning signs that someone may be at risk for attempting suicide include:

- Displaying extreme mood swings, suddenly changing from very sad to very calm or happy
- Making a plan or looking for ways to kill themselves, such as searching for lethal methods online, stockpiling pills, or buying a gun
- Talking about feeling great guilt or shame
- Using alcohol or drugs more often
- Acting anxious or agitated
- Changing eating or sleeping habits
- Showing rage or talking about seeking revenge

5 Action Steps

Here are 5 steps you can take to #BeThe1To help someone in emotional pain:

ASK: “Are you thinking about killing yourself?” It’s not an easy question, but studies show that [asking at-risk individuals](#) if they are suicidal does not increase suicides or suicidal thoughts.

KEEP THEM SAFE: Reducing a suicidal person’s access to highly lethal items or places is an important part of suicide prevention. While this is not always easy, asking if the at-risk person has a plan and removing or disabling the lethal means can make a difference.

BE THERE: Listen carefully and learn what the individual is thinking and feeling. Research suggests [acknowledging and talking about suicide](#) may [reduce rather than increase](#) suicidal thoughts.

HELP THEM CONNECT: Save the National Suicide Prevention Lifeline’s (1-800-273-TALK (8255)) and the Crisis Text Line’s number (741741) in your phone, so it’s there when you need it. You can also help make a connection with a trusted individual like a family member, friend, spiritual advisor, or mental health professional.

STAY CONNECTED: Staying in touch after a crisis or after being discharged from care can make a difference. [Studies have shown](#) the number of suicide deaths goes down when someone follows up with the at-risk person.

To read the full article, please visit: <https://www.nimh.nih.gov/health/topics/suicide-prevention>

Here are some strategies to help your child if you think they are having suicidal thoughts:

Be aware. While rare in young children, suicide is possible. Know the warning signs and risk factors that may increase your child's risk of suicide.

Get your child treatment. If your child is depressed or at high risk for depression or another mental illness, it's essential to get them treatment.

Keep weapons locked up. Common sense tells you to keep weapons, medications, alcohol, and poisons safely away from children, but this is especially important for children at risk of suicide.

Talk to your child. Talking about suicide will not give your child the idea to attempt suicide. If a friend or other loved one has died, committed suicide, or is extremely ill, talk to your child about it and address their feelings.

Tell others. If your child exhibits suicidal thoughts or behaviors, tell their other caretakers and faculty members at school so they can closely monitor your child when you're not around.

To learn more visit: <https://www.verywellmind.com/youth-suicide-facts-1066787>





National Council for Mental Wellbeing Poll Finds Youth Mental Health Worsened Dramatically Because of COVID-19 Pandemic

WASHINGTON, Sept. 8, 2021 /PRNewswire/ -- A majority of parents say their children's mental wellbeing worsened during the past year and a half because of remote learning and social isolation due to COVID-19, according to a new poll from the National Council for Mental Wellbeing. Parents also expressed anxiety about their children returning to schools for the 2021-2022 school year.

The poll, conducted by Morning Consult and released today by the National Council, highlights the impact of the COVID-19 pandemic on young people and the increasing need for mental health and substance use information, resources and support for families and schools. The data arrives at a time of rising concerns across the country about young people returning to in-person learning in schools this fall.

"The mark of the COVID-19 pandemic has gone beyond physical health. It has negatively affected children and adolescents during a crucial time for social and emotional development," National Council President and CEO Chuck Ingoglia said. "We must provide parents, teachers and community leaders with access to key mental health and substance use information and resources to improve wellbeing among young people as we navigate the new school year and beyond."

Key findings from the National Council survey, encompassing feedback from parents of children in kindergarten through 12th grade, include:

- **Parents agree COVID-19 has affected the mental wellbeing of their K-12 children.** A majority of parents say there has been a change in their children's mental wellbeing during the past year and a half due to remote learning (62%) and social isolation stemming from COVID-19 restrictions (59%). The impact on children varies based on ethnicity, community type, region and the age of the child.
- **Parents of children in kindergarten and middle school are more likely to say their child is experiencing re-entry anxiety for the new school year.** A third of all parents (36%) say their child is experiencing anxiety around returning for the new school year. Parents with a child in kindergarten (41%) and middle school (43%) are more likely than other parents to say their child is experiencing re-entry anxiety.
- **There is support from parents for school districts to increase mental health support services due to the impact of COVID-19.** Three quarters (73%) of parents say school districts should increase mental health support for children because of the effects of social isolation from COVID-19.

To read the full article, please visit: <https://markets.businessinsider.com/news/stocks/national-council-for-mental-wellbeing-poll-finds-youth-mental-health-worsened-dramatically-because-of-covid-19-pandemic-1030787525>

DID YOU
KNOW



Suicide is a large and growing public health problem.

Suicide is the 10th leading cause of death in the United States. It was responsible for more than 47,500 deaths in 2019.

In 2019, 12 million American adults seriously thought about suicide, 3.5 million made a plan, and 1.4 million attempted suicide.

Suicide rates in the United States have increased about 33% from 1999 to 2019.

Suicide affects all ages. It is the second leading cause of death for people ages 10-34, the fourth leading cause among people ages 35-44, and the fifth leading cause among people ages 45-54.

To learn more visit: <https://www.cdc.gov/suicide/facts/index.html>

CONTINUE; WALK FOR MULLEN



**JEFFERSON-MORGAN
MIDDLE/SENIOR HIGH SCHOOL
SATURDAY, SEPTEMBER 25TH**

3:00PM TO 5:00PM

REGISTRATION BEGINS AT 2:00

**WALK FOR SUCIDE PREVENTION, CHINESE AUCTION,
MENTAL HEALTH INFORMATION, ROCK PAINTING**



Dear Valued Referral Source,

Sometime the words thank you goes without much thought or effort. When Washington Health System says THANK YOU, we say it with the upmost respect, appreciation and gratitude! On behalf of Washington Health System, we would like to say THANK YOU for the support you offer our organization, the work you do day in and day out to protect and serve patients and for the continued efforts to serve our communities during this COVID-19 pandemic.

Sincerely,

Jennifer Campbell, MSW, LSW

Program Manager, WHS Center for Mental Health and Wellbeing

Washington Health System & Washington Physicians Group

Office#: 724-627-2526

WHS Center for Mental Health & Wellbeing



Contact Information:

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|------------------------------|------------------------------------|--|
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| Outpatient Behavioral Health | Greene P: 724-627-2756 | 220 Greene Plaza Rear Waynesburg, PA 15370 |
| Outpatient Behavioral Health | Peters Township P: 724-579-1075 | 4198 Washington Road, Suite 5 McMurray, PA 15317 |
| Outpatient Behavioral Health | Washington P: 724-579-1075 | 95 Leonard Ave Building #1, Suite 301 Washington, PA 15301 |

Behavioral Health Management:

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| Jennifer Campbell, MSW, LSW – Program Manager Inpatient & Outpatient Services | P: 724-627-2526 |
| Mark Wright, MBA, RN – Inpatient Unit Manager | P: 724-223-3197 |

Greene County Crisis Line: 1-800-417-9460
Washington County 24-Hour Crisis Hotline: 1-877-225-3567
National Suicide Prevention Lifeline: 1-800-273-8255
Greenbriar Treatment Facility: 1-800-637-4673
STTARS Sexual Assault Hotline (Greene & Washington): 1-888-480-7283