



WASHINGTON HEALTH SYSTEM
Center for Mental Health and Wellbeing
MONTHLY NEWSLETTER

Suicide Prevention Awareness Month (SPAM)

September
2022



Month:

National Recovery Month

National Suicide Prevention Month

Week:

National Suicide Prevention Week
(Sept. 4-10)

Day:

Every Woman Day
(Sept. 3)

World Suicide Prevention Day
(Sept. 10)

California Native American Day
(Sept. 23)

National Women's Health and Fitness Day
(Sept. 28)

To learn more visit:
<https://sacwellness.com/mental-health-awareness-calendar/?nowprocket=1>

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues.

September is Suicide Prevention Awareness Month—a time to raise awareness of this stigmatized, and often taboo, topic. We use this month to shift public perception, spread hope and share vital information to people affected by suicide. Our goal is ensuring that individuals, friends and families have access to the resources they need to discuss suicide prevention and to seek help.

Throughout the month of September, NAMI will highlight the “Together for Mental Health,” campaign which encourages people to bring their voices together to advocate for better mental health care, including an effective crisis response system. After years of advocacy and preparation, 988 is now available nationwide as the new number to contact for mental health, substance use and suicide crises—a simple, easy-to-remember way for people to get help. This new number will allow people to quickly connect with support during a crisis, 24/7, no matter where they live.

Ultimately, NAMI wants any person experiencing suicidal thoughts or behaviors to have a number to call, a system to turn to, that would connect them to the treatment and support they need.

Crisis Resources

- If you or someone you know is experiencing a mental health crisis, call or text 988 immediately.
- If you are uncomfortable talking on the phone, you can chat the Suicide & Crisis Lifeline at 988lifeline.org.
- You can also text **NAMI** to **741-741** to be connected to a free, trained crisis counselor on the Crisis Text Line.
- [Know the Warning Signs and Risk Factors of Suicide](#)
- [Being Prepared for a Crisis](#)
- [Read our guide, "Navigating a Mental Health Crisis"](#)
- [What You Need to Know About Youth Suicide](#)
- Need more information, referrals or support? Contact the [NAMI HelpLine](#).

Continued on the next page...

How To Engage With Together For Mental Health

During Suicide Prevention Awareness Month, [please refer to these images and graphics](#) you can use on your website and social media accounts. Use #Suicide Prevention or #Together4MH While suicide prevention is important to address year-round, Suicide Prevention Awareness Month provides a dedicated time to come together with collective passion and strength to address difficult topic. The truth is, we can all benefit from honest conversations about mental health conditions and suicide, because just one conversation can change a life.

Pre-Order NAMI's First Book: "You Are Not Alone"

"You Are Not Alone," NAMI's first ever book, is here to offer help. Written by Dr. Ken Duckworth with the expertise of a leading psychiatrist and the empathy of a family member affected by mental illness, this comprehensive guide includes stories from over 130 people who have been there — including people with mental illness and caregivers — and understand how challenging it can be to find the help you need, when you need it. Their stories are what makes this book different from your typical mental health guide.

The book covers how to get help, pathways to recovery, the intersection of culture and mental health, and many more important topics to guide any person's mental health journey. NAMI's hope is that this guide can help people find that key help and support sooner and make recovery more accessible to those trying to find it.

[Pre-order](#) your copy of the book today or for bulk purchases, visit [Porchlight- You Are Not Alone](#).

Share Key Fast Facts

These are only a few of the reasons why it's important to take part in promoting Suicide Prevention Awareness Month. Please use these facts and others, including the ["It's Okay to Talk About Suicide"](#) infographics on our website, to encourage discussions with your community through social media or other forms of outreach.

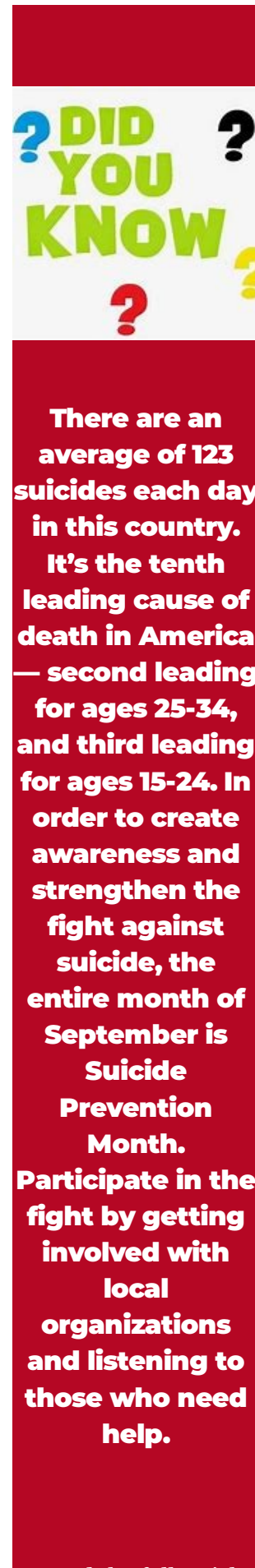
Individual Impact:

- 79% of all people who die by suicide are male.
- Although more women than men attempt suicide, men are 4x more likely to die by suicide.
- Suicide is the 2nd leading cause of death among people aged 10–14 and the 3rd leading cause of death among people aged 15-24 in the U.S.
- Suicide is the 12th leading cause of death overall in the U.S.
- 46% of people who die by suicide had a diagnosed mental health condition - but research shows that 90% may have experienced symptoms of a mental health condition.

Community Impact:

- Annual prevalence of serious thoughts of suicide, by U.S. demographic group:
 - 4.9% of all adults
 - 11.3% of young adults aged 18-25
 - 18.8% of high school students
 - 45% of LGBTQ youth
- The highest rates of suicide in the U.S. are among American Indian/Alaska Natives followed by non-Hispanic whites.
- Lesbian, gay and bisexual youth are nearly 4x more likely to attempt suicide than straight youth.
- Transgender adults are nearly 9x more likely to attempt suicide than the general population.
- Suicide is the leading cause of death for people held in local jails.

To read the full article visit: [Suicide Prevention Awareness Month \(SPAM\) | NAMI: National Alliance on Mental Illness](#)



? DID YOU KNOW ?

There are an average of 123 suicides each day in this country. It's the tenth leading cause of death in America — second leading for ages 25-34, and third leading for ages 15-24. In order to create awareness and strengthen the fight against suicide, the entire month of September is Suicide Prevention Month. Participate in the fight by getting involved with local organizations and listening to those who need help.

Thank You

Dear Valued Referral Sources,

September is here and that means the end of summer. As we transition into the fall season, take a few minutes to care for yourself. Remember, you can't effectively care for others if you don't care for yourself. We look forward to the opportunity to continue to serve your family, friends and patients through your continuous referrals. Stay safe!

Sincerely,

Jennifer Campbell, MSW, LSW

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Washington Health System & Washington Physicians Group

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WHS Center for Mental Health & Wellbeing



Contact Information:

Inpatient Behavioral Health	P: 724-223-3195 F: 724-229-2128	155 Wilson Ave Washington, PA 15301
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:

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: 988 **or** 1-800-273-8255

Greenbriar Treatment Facility: 1-800-637-4673

STTARS Sexual Assault Hotline (Greene & Washington): 1-888-480-7283