

# SUICIDE PREVENTION & AWARENESS MONTH: TAKE ACTION TO SAVE LIVES

September is Suicide Prevention and Awareness Month, a time to shine a light on the critical issue of suicide and promote resources and support for those affected. Suicide is a leading cause of death, with over 49,000 lives lost annually in the United States alone. It's a global health crisis that affects people of all ages, genders, and backgrounds.

## KEY STATISTICS



IN 2022, THERE WERE  
AN ESTIMATED  
**1.6M**  
SUICIDE ATTEMPTS



Source: American Foundation for Suicide Prevention

### How to Get Involved:

1. **Educate Yourself:** Learn the signs of suicide and how to approach someone who may be at risk.
2. **Participate in Events:** Join local or virtual walks, runs, and community events to raise awareness and funds for suicide prevention.
3. **Break the Stigma:** Engage in conversations that normalize mental health discussions, helping to break the stigma around seeking help.
4. **Spread the Word:** Use social media to share information, resources, and personal stories to help reduce stigma and promote mental health.
5. **Talk to Friends and Family:** Open up conversations about mental health with those around you. Your willingness to listen and offer support can make a significant impact.

By taking these steps, you can help create a supportive environment that promotes mental health and prevents suicide. Remember, your involvement can make a significant difference. Together, we can save lives.

## WE CAN HELP.

Our hospital-based outpatient program is designed to meet the unique needs of older adults experiencing depression and/or anxiety related to life changes that are often associated with aging or a chronic diagnosis. Anyone can make a referral to our program, including self-referrals, provider referrals, or community consultations.

**Call us today at**