



Mental Health &
Recovery Services
Board of Allen,
Auglaize, and
Hardin Counties

November 2020 School Newsletter Article

Preventing Suicide

The rate of suicide among those aged 10-24 increased by 57.4% between 2007 and 2018 in the United States, according to a report by the CDC released this September.

According to a 2019 report from the Ohio Department of Health, five people die by suicide every day. The rise in suicide rates can feel overwhelming. Maybe you are already overwhelmed with your own feelings or distressing behavior from your child. There is hope and suicide can be prevented. An important part of preventing suicide is recognizing the warning signs.

Warning Signs:

- Anxious, agitated, or reckless behavior
- Expressing feelings of hopelessness or having no reason to live
- Saying they want to die or kill themselves
- Sleeping too little or too much
- Talking about being a burden
- Talking about seeking revenge
- Looking for a way to kill themselves
- Extreme mood swings

Ask someone showing these signs, "Are you thinking about killing yourself?". It may be hard to ask that question, but studies show asking individuals if they are suicidal does not increase suicides or suicidal thoughts.

Another way to prevent suicide is to get professional help for common mental health conditions like depression or anxiety. Find out if you or your child are experiencing symptoms of a treatable mental health condition with a screening. **Take a screening at wecarepeople.org/screening.**

If you or your child are thinking about suicide right now, don't wait.

Call the 24/7 Hopeline at 1-800-567-4673.

You can also text 741 741.

Or go to the We Care Crisis Center in Lima.

Address: 797 South Main Street, Lima, OH 45804