

# Special Edition

## September is Suicide Awareness Month

September is National Suicide Awareness Month and brings to light a topic that is not often talked about within our society. Suicide is the second leading cause of death in the world for people ages 15-24 and the tenth leading cause of death for all ages in the US. In 2019, 12 million adults seriously thought about suicide, 3.5 million made a plan for suicide and 1.4 million attempted suicide.

Suicide does not discriminate against genders, ages and ethnicities, anyone can be at risk. However, certain demographics are at a higher risk. The LGBTQ+ community is one of those demographics that is at a higher risk. Youth who identify within the community are almost five times as likely to have attempted suicide compared to heterosexual youth.

American Indian and Alaska Natives experience higher rates of suicide compared to all other racial and ethnic groups in the US with it being the eight leading cause of death for Natives across all ages.

### Risk Factors

*\*Risk Factors are characteristics or conditions that increase the chance that a person may try to take their own life\**

#### Individual

- ⇒ Previous Suicide Attempt
- ⇒ Mental Illness, such as depression
- ⇒ Social Isolation
- ⇒ Criminal, Financial, Job, and/or Legal Problems
- ⇒ Serious Illness
- ⇒ Substance Use Disorder

#### Relationship

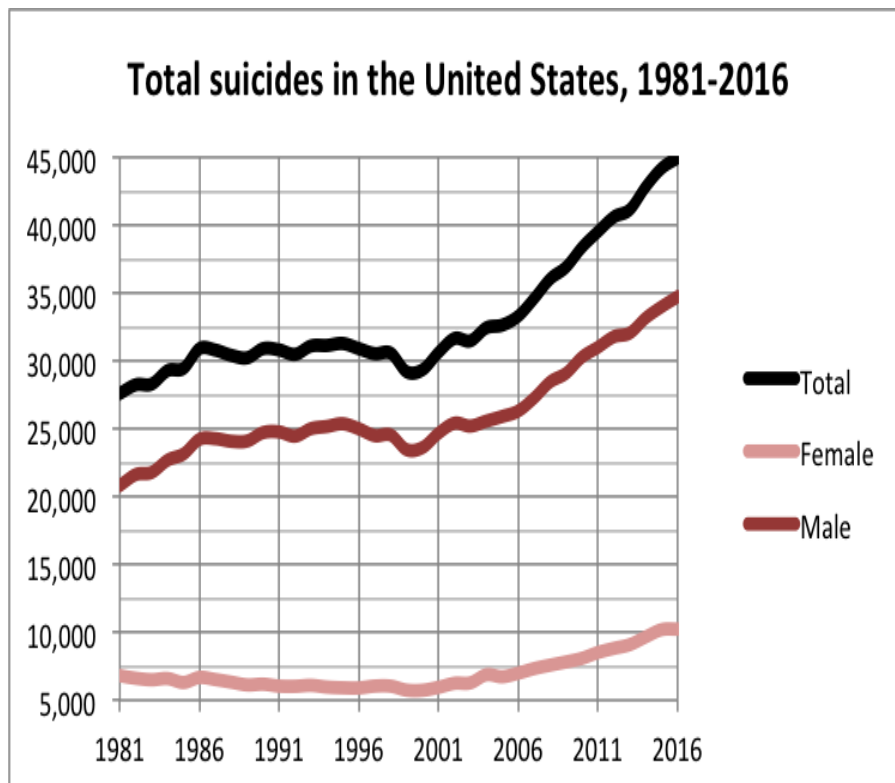
- ⇒ Adverse childhood experiences such as child abuse and neglect
- ⇒ Bullying
- ⇒ Family history of suicide
- ⇒ Relationship problems such as a break-up, violence, or loss
- ⇒ Sexual violence

#### Community

- ⇒ Barrier to health care
- ⇒ Cultural and religious beliefs such as a belief that suicide is a noble resolution of a personal problem
- ⇒ Suicide cluster in the community

#### Societal

- ⇒ Stigma associated with mental illness or help-seeking
- ⇒ Easy access to lethal means such as firearms or medications
- ⇒ Unsafe media portrayals of suicide



**NATIONAL**

**SUICIDE**

**PREVENTION**

**LIFELINE**

**1-800-273-TALK (8255)**

[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

# How to Help Someone who is Suicidal?

Use the Do's and Don'ts (according to the Suicide Prevention Helpline):

## Do

- ⇒ Be Direct. Talk openly and matter-of-factly about suicide
- ⇒ Be willing to listen. Allow expressions of feelings. Accept the feelings.
- ⇒ Be non-judgmental
- ⇒ Get involved. Become available show interest and support
- ⇒ Offer hope that alternatives are available
- ⇒ Get help from people or agencies specializing in crisis intervention and suicide prevention.

## Don't

- ⇒ Don't dare them to do it.
- ⇒ Don't act shocked. This will put distance between you.
- ⇒ Don't debate whether suicide is right or wrong, or whether feelings are good or bad.
- ⇒ Don't swear to secrecy



## Resilience

### What is Resilience?

It is the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress—such as family and relationship problems, serious health problems, or workplace and financial stressors.



### ⇒ Embrace Healthy Thoughts

- ⇒ **Keep things in perspective:** Try to identify area of irrational thinking and adopt a more balanced and realistic thinking pattern
- ⇒ **Accept change:** Accept that change is a part of life.
  - ⇒ Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter
- ⇒ **Maintain a hopeful outlook:**
  - ⇒ Try to visualize what you want, rather than worrying about what you fear
- ⇒ **Learn from your past:**
  - ⇒ Remind yourself of where you've been and ask yourself what you've learned from those experiences

McFarland is a small community south of Madison in Dane County. In January of 2017, a group of concerned citizens came together to discuss substance abuse problems in the McFarland area. The McFarland RADAR is a result of these meetings



For time, day and place of meetings, please contact Cathy Kalina at cakcenters@hotmail.com

**We are comprised of local representatives from schools, businesses, churches, village administration as well as parents, and youth—all working together to promote healthy lifestyles**

**For more information go to: <https://www.radarmc.com/>**

### **McFarland RADAR Mission Statement**

***“The mission of McFarland’s RADAR Coalition is to promote healthy lifestyles in the McFarland area through alcohol and drug abuse prevention and education efforts.”***

*The McFarland RADAR Coalition works to develop, implement and support environmental strategies to reduce substance abuse.*

*We believe by working together, we can nurture social and environmental changes to make the McFarland area a safer and healthier place, brightening the future of our children, youth and families.*

### **HOW CAN YOU HELP?**

We are asking you to give the gift of time. Make a difference in the lives of our youth and our community by

1. Working with us in providing support for planning, project management and awareness campaigns
2. Helping with coalition events, conferences, workshops, and fairs held throughout the year.
3. Being a voice for change in our community, it is time to come together and be that force for change in the McFarland area.