

NATIONAL SUICIDE PREVENTION WEEK 2019

September 9, 2019 | Suicide- It's a hard subject to talk about so many people just avoid it. The truth of the matter is, suicide is a public health issue and a large and complex one at that.

The month of September brings us nationally recognized Suicide Prevention Month and Suicide Prevention Week, September 8-14. National Suicide Prevention week is a time to share resources and stories, as well as promote suicide prevention awareness. Also important to note is World Suicide Prevention Day, September 10. This day focuses on remembering those affected by suicide, raising awareness, and focusing efforts on directing treatment to those who need it.

District Health Department #10 (DHD#10) is partnering with the National Suicide Prevention Lifeline to promote their #BeThe1To campaign. #BeThe1To spreads the message of actions we can all take to help someone through a crisis to prevent suicide. The campaign is also working towards changing the conversation from suicide and suicide prevention, to actions that can promote healing, help, and give home.

The #BeThe1To campaign wants people to act:

- Ask: Don't be afraid to ask the tough questions.
- Keep Them Safe: make any form of lethal means less available or less deadly.
- Be There: Listen without judgement.
- Help Them Stay Connected: help create a network of resources and support system that can help take positive action and reduce feeling of hopelessness.
- Follow Up: offer brief, low-cost intervention if necessary and support.

For more information about the National Suicide Prevention Hotline or the #BeThe1To campaign, visit: <https://suicidepreventionlifeline.org/> or <https://suicidepreventionlifeline.org/promote-national-suicide-prevention-month/>

Please, if you or someone you know is struggling with suicide, call the National Suicide Prevention Lifeline toll-free number, at 1-800-273-TALK(8255).

About DHD #10

District Health Department #10 (DHD #10) is Michigan's largest geographical health department, mandated to promote and protect the public from unsafe and hazardous conditions and provide methods of promoting good health and disease prevention. Some of the vital programs provided by DHD #10 include Immunizations, Infectious Disease Control, STI Testing and Counseling, WIC, Maternal Infant Health Program, Healthy Families Northern Michigan, Children's Special Health Services, Hearing and Vision Screening, Family Planning, Cancer Screening, Worksite Wellness, Smoking Cessation, Substance Use Prevention, Chronic Disease Prevention, and Environmental Health Services. DHD #10 serves Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana, and Wexford counties. For more information, visit www.dhd10.org.

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