September is Suicide Prevention Awareness Month

Suicide is a serious public health problem that can have lasting harmful effects on individuals, families, and communities. In 2021, an estimated 12.3 million adults seriously thought about suicide, 3.5 million made a plan, and 1.7 million attempted suicide. Suicide is a leading cause of death in the United States. It was responsible for over 48,000 deaths in 2021. Many factors can increase the risk for suicide or protect against it. Suicide is connected to other forms of injury and violence. For example, people who have experienced violence, including child abuse, bullying, or sexual violence have a higher suicide risk. Being connected to family and community support and having easy access to healthcare can decrease suicidal thoughts and behaviors. The goal of suicide prevention is to reduce factors that increase risk and increase factors that promote resilience.

If someone is at risk for suicide, you can watch for warning signs, including:

- Talking about being a burden
- Being isolated
- Increased anxiety
- Talking about feeling trapped or in unbearable pain
- Increased substance use
- Looking for a way to access lethal means
- Increased anger or rage
- Extreme mood swings
- Expressing hopelessness
- Sleeping too little or too much
- Talking or posting about wanting to die
- Making plans for suicide

People having a crisis sometimes perceive their dilemma as inescapable and feel an utter loss of control. These are some of the feelings and thoughts people experience in crisis. If you or a friend are feeling this way, seek help immediately.

- Can’t stop the pain
- Can’t think clearly
- Can’t make decisions
- Can’t see any way out
- Can’t sleep, eat or work
- Can’t get out of depression
- Can’t make the sadness go away
- Can’t see a future without pain
- Can’t see themselves as worthwhile
- Can’t get someone’s attention
- Can’t seem to get control

References:
https://988lifeline.org/help-someone-else/
https://www.cdc.gov/suicide/index.html
https://www.purdue.edu/advocacy/parents/mentalhealth.html

Mental Health Resources

CAPS
PUSH
988 Crisis Lifeline
After Hours Crisis Information
Purdue Student Health Center
601 Stadium Mall Drive
West Lafayette, IN 47907
765-494-1700
www.purdue.edu/push