

A
BREATH
OF...



Samaritan Counseling Center

There Is Hope!

September is National Suicide Prevention and Awareness month in the United States. The prevalence of suicide in our world today is at an all-time high; in 2012 suicide was the 15th leading cause of death on a global scale according to the World Health Organization (WHO) and was the leading cause of death among 15-29 year olds globally. The statistics of suicide prevalence are scary; according to the WHO over 800,000 people die a year due to suicide (roughly one person every 40 seconds). In 2012, 75% of global suicide occurred in low- and middle-income countries. The same year, suicide accounted for 1.4% of all deaths worldwide.

We know that the prevalence of suicide is high, especially with our stressful times, but did you know that all suicide is preventable? According to the Every Day Matters Foundation and American Foundation for Suicide Prevention, "90% of people who die by suicide have a diagnosable and treatable psychiatric disorder at the time of their death." This statistic is the scariest of them all because as counselors we work with individuals struggling with these issues every day. To know that all suicide is preventable is something all professionals and people in their communities need to realize.

The first step to fighting the prevalence of suicide is awareness. World Suicide Prevention Day started in 2003

and is recognized every September 10 aims to do just that, increase suicide prevention awareness! The purposes of World Suicide Prevention Day and Suicide Prevention Awareness month are to 1) raise awareness that suicide is preventable, 2) improve education about suicide, 3) spread information about suicide awareness, and 4) decrease stigmatization regarding suicide.

Some of the warning signs of suicide include, but are not limited to: talking about wanting to die or to kill themselves, looking for a way to kill themselves, expressing feelings of hopeless or having no reason to live or feeling trapped or in unbearable pain, and/or withdrawing or isolating themselves.

Two things that people suffering from suicidal thoughts need to realize are that you are not alone and there is hope! The National Suicide Prevention Lifeline can be reached anytime 24/7 at **1-800-273-8255** where you can talk to someone. There are also many professional people that can help, including counselors, psychologists, and doctors. The American Foundation for Suicide Prevention organizes support groups, awareness walks, and other events in your area, information can be found at <http://www.afsp.org/>.

Resources:

World Health Organization (WHO)
American Foundation for Suicide Prevention
The National Suicide Prevention Lifeline
Fresh Aire Samaritan Counseling Center
(<http://www.freshairesamaritan.org>)

(Article written by: George R. Armitage, Counseling Intern at Fresh Aire Samaritan Counseling Center)