

The Post Rock Connection
Post Rock Extension District #1 Family and Consumer Sciences Column
Month of September 2022
By Brenda Langdon, Family Resource Management Agent

September is Suicide Prevention Month

Research shows that the majority of those who attempt suicide give some warning signs – verbal, written or behavioral. These warning signs are often sent during the weeks preceding an attempt.

The purpose of this prevention month is to bring awareness to this national public health issue, provide resources and tools to help people notice when someone is struggling with suicidal thoughts or actions, and to help them identify the appropriate resources to help prevent suicide.

Suicide is the most complex and difficult to understand of all human behavior. Yet, suicidal people are just like you and me. They have problems; we have problems. The difference is that, for the moment, we feel we can handle our problems rather than feeling overwhelmed by them.

In the U.S., approximately 123 people die each day by suicide. That is about 45,000 deaths each year. Among those deaths, around 90% of individuals had an underlying mental health condition (depression, stress, bipolar disorder, etc.). Suicide does not discriminate based on age, gender, race, ethnicity, sexual orientation, or religion.

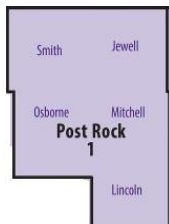
In Kansas, approximately one person dies by suicide every 16 hours. Suicide is the 9th leading cause of death in our state and in 2020, 556 people died by suicide. More people in the state of Kansas died by suicide than alcohol related car accidents in 2020.

Suicide can impact individuals, families, and communities. Everyone can help prevent suicide if they are willing to take action and ask the right questions, persuade individuals to seek help and treatment, and refer them to the most appropriate resources. Suicide is preventable.

Asking a friend or loved one about suicide will NOT increase their risk of dying by suicide. The 988 dialing code became available nationwide on July 16, 2022 for call (multiple languages), text or chat (English only). Moving to 988 will not replace the Lifeline, rather it will be an easier way to access a strengthened and expanded network of crisis call centers.

If you or someone you know has mentioned or is experiencing a mental health crisis or has suicidal thoughts or behaviors and needs assistance, please call or text 988 or the National Suicide Lifeline 1-800-273-8255 for 24/7 support.

The Post Rock District of K-State Research and Extension serves Jewell, Lincoln, Mitchell, Osborne, and Smith Counties. Contact Brenda at bklangdon@ksu.edu or by calling 785-346-2521. Stay connected with “Post Rock Extension” on Facebook, Twitter, Instagram, and YouTube. Our website is www.postrock.ksu.edu.



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