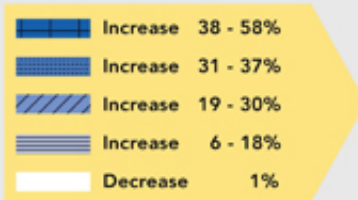
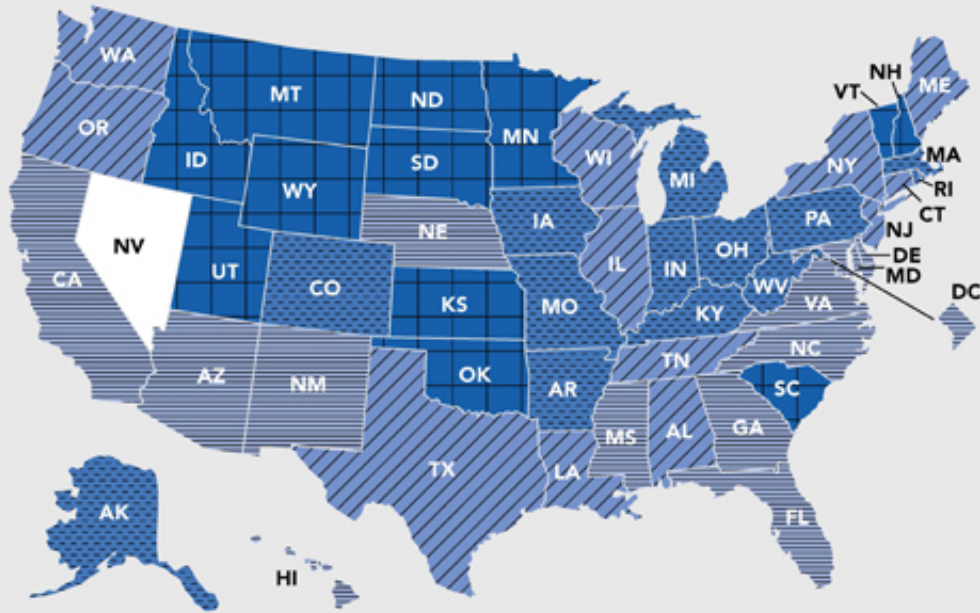


SUICIDE PREVENTION

HOW YOU CAN DETECT AND PREVENT SUICIDE ATTEMPTS OF FRIENDS AND FAMILY

Suicide rates rose across the US from 1999 to 2016.



SOURCE: CDC's National Vital Statistics System.

According to recent findings by the Center for Disease Control and Prevention, suicide rates have increased in every state in the U.S. except Nevada. Suicide rates from 1999 to 2016 were saw increases of over 30% in most states with some as high as 58%.

In 2016, the suicide rate was estimated to be around 13.4 out of 100,000, making it the 10th leading cause of death in the US. Based on data gathered there is a suicide attempted every 38 seconds and it is the 2nd leading cause of death for people ages 15-24. Males are 3x likely to attempt suicide than females.

Vitalsigns™

<https://www.cdc.gov/vitalsigns/suicide>





YOU CAN PREVENT SUICIDE!

What makes this even more disturbing is many of these incidents could have been avoided with a little observation and concern from others.

You don't have to be a therapist or other mental health professional to intervene a suicide attempt

Here are a few signs too look for.

If you are someone close to you has expressed any of the following:



SUICIDAL WARNINGS AND SIGNS:

- Talking about suicide — for example, making statements such as "I'm going to kill myself," "I wish I were dead" or "I wish I hadn't been born"
- Getting the means to take your own life, such as buying a gun or stockpiling pills
- Withdrawing from social contact and wanting to be left alone
- Having mood swings, such as being emotionally high one day and deeply discouraged the next

SUICIDAL WARNINGS AND SIGNS (CONTINUED):

- Being preoccupied with death, dying or violence
- Feeling trapped or hopeless about a situation
- Increasing use of alcohol or drugs
- Changing normal routine, including eating or sleeping patterns

SUICIDAL WARNINGS AND SIGNS (CONTINUED):

- Doing risky or self-destructive things, such as using drugs or driving recklessly
- Giving away belongings or getting affairs in order when there's no other logical explanation for doing this
- Saying goodbye to people as if they won't be seen again
- Developing personality changes or being severely anxious or agitated, particularly when experiencing some of the warning signs listed above

If you feel any of these signs apply to you or a loved one, please don't hesitate to seek help. Tell a school counselor, relative, or healthcare professional. If you are the person in question wishes to remain anonymous, there are support lines listed below where you can get help and referrals for free with not personal information revealed.

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

- [Crisis Chat](#)
- [Crisis Text Line](#) (on your smartphone)
- [IMAlive](#)

Don't be afraid to confront someone that you feel is at risk or is showing some of these signs. They may get offended or become confrontational and resistant but in the end isn't it more important to potentially save the life of someone you care about?





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