

SEPTEMBER NEWSLETTER

THE SPN MISSION

The Suicide Prevention Network aims to spread awareness through the community using social media, events, fundraisers and education for all age groups and demographics. Thanks to Stewart Title and Ride For Tomorrow for the fun August events!

Coming up:

- Memorial Walk 9/13 @ Heritage Park 7-9 PM
- SafeTalk 9/14 @ Partnership DC 9 AM-12:30 PM (RSVP)
- Coping Through Creativity 9/16 @ the SPN office 5:30-7 PM (RSVP)
- Stephen Glass Dodgeball Tournament 9/21 @ DCCC 8 AM-4 PM
- The Porch Movement 9/21 @ Dangberg Ranch 4-7 PM
- PTSD Group 9/10 & 9/24 @ SPN office 6-7:30 PM
- Survivors of Suicide Loss Support Group 9/5 & 9/19

Be sure to check our website, calendar and socials for updates and information on these events and more. Your presence and participation are greatly appreciated!



Stewart Title Dunk Tank Event

MENTAL HEALTH MATTERS

There's a global shortage of mental health clinicians, therefore, many people go without the help they need psychiatrically. Increasing funding for psychiatric and mental health training programs along with eliminating state regulations that prevent advanced-practice nurses from practicing to the full extent of their licensure is a positive start to addressing the issues that can lead to self-harm in individuals.

NATIONAL SUICIDE PREVENTION MONTH

September is National Suicide Prevention Month. According to new data from the US Centers for Disease Control and Prevention, the suicide rate in the United States recently reached its highest peak since 1941. So, what does that mean for us as a community? How do we help get these numbers down and prevent our friends and neighbors from feeling like there is no other alternative? By raising awareness, we can show people that they're not alone. That sense of belonging and acceptance from friends and strangers alike could be the difference between life and death for someone. So, be sure to show you care any way you can!

HOPE HELPS

Part of prevention is being prepared and proactive. Having resources available like the 988 number for crisis calls is paramount. When you don't have a friend to lean on or a passion to keep your heart and mind in a positive place, having a listening ear from another human who cares can make all the difference. Can you be that listening ear for someone you know? It could make their day!



Suicide Prevention Ribbons

PREVENTION & PROTECTION

Firearms can be a polarizing issue, but it's important to not shy away from talking about it in a non-judgmental and open manner regarding mental health. Method of suicide plays a crucial role in the current increased rate. Approximately 90% of attempted suicides using a gun result in death. Only 13.5% of drug poisonings result in death. Extreme Risk laws allow authorities to temporarily remove firearms from individuals who could be considered dangerous to themselves or others. Close to half of teen suicide deaths are due to firearms. So, parents, be sure to lock your guns up safely if you have them. Remember, saving lives should be our top priority.