



Monroe County Health Department

Serving the Community since 1921

315 West Oak Street · Sparta, WI 54656 · (608) 269-8666 · Fax (608) 269-8872

FOR IMMEDIATE RELEASE

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Contact: Tiffany Giesler, RN, Director/Health Officer

National Suicide Prevention Week

September 4-10 is National Suicide Prevention Week, part of Suicide Prevention Awareness Month. Suicide is a leading cause of death in the United States, with one death occurring every 11 minutes. Understanding the issues concerning suicide and mental health is an important way to take part in suicide prevention, help others in crisis, and change the conversation around suicide.

Suicide prevention is important every day of the year. By starting the conversation, providing support, and directing help to those who need it, we can prevent suicides and save lives. Evidence shows that providing support services, talking about suicide, reducing access to means of self-harm, and following up with loved ones are just some of the actions we can all take to help others.

The causes of suicide are complex and determined by multiple combinations of factors, such as mental illness, substance abuse, painful losses, exposure to violence, and social isolation.

Warning signs that may mean someone is at risk include:

- Talking about wanting to die or kill oneself
- Looking for a way to kill oneself
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

If you or someone you know is in crisis, contact the 988 Suicide and Crisis Lifeline to connect with a trained crisis counselor. 988 is confidential, free, and available 24/7/365. Call or text 988 or chat at www.988lifeline.org



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Healthy People, Healthy Monroe County