

FOR IMMEDIATE RELEASE

For more information, contact Valori Stone

Family & Community Wellness Agent, Wildcat Extension District

[valori@ksu.edu](mailto:valori@ksu.edu), (620) 378-2167

## September Can be Life Saving

Suicide Prevention Month, observed every September, is a critical time to focus on raising awareness about suicide, reducing the stigma surrounding it, and providing support for those affected by it.

Warning Signs include withdrawal from friends and activities, increased use of drugs or alcohol, giving away possessions, and changes in sleep patterns. Talking about feeling hopeless, having no reason to live, being a burden to others, or expressing a desire to die. Experiencing extreme mood swings, feeling trapped, or having severe anxiety or agitation.

A safety net for those at risk include strong community and family support systems. Open communication and checking in on loved ones can be lifesaving. Ensuring that individuals have access to mental health services, including therapy and crisis intervention, is crucial. Having immediate resources like crisis hotlines (e.g., 988 in the U.S.) and emergency services can provide immediate help to those in need.

If you are helping someone, it is important to listen without judgment, show empathy, and express concern. Sometimes, just being there for someone can make a significant difference. If you suspect someone is considering suicide, asking them directly can provide relief and open the door to getting help. Suggest that they speak to a mental health professional, and offer to help them find resources or accompany them to appointments. After the initial conversation, if possible continue to check in with the person to show ongoing support.

If you or your agency would like a training on Suicide Prevention, please contact Valori at 620-670-4878.

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