

# September

## Mrs. Helfrich's Newsletter USD 482 Mental Health Counselor

September is National Suicide Prevention Awareness Month. The theme for this year's suicide prevention and awareness is **#BeThe1To**.

#BeThe1To **Ask**.

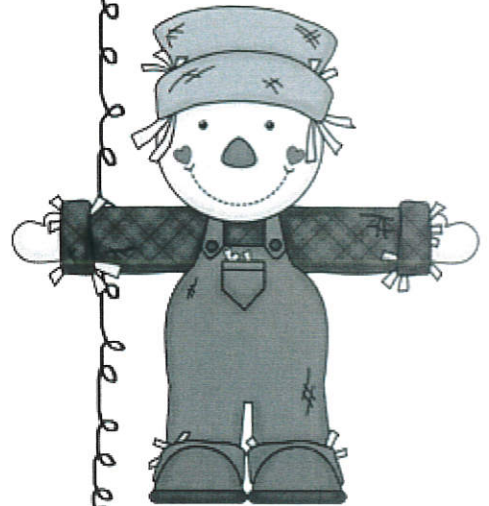
#BeThe1To **Be There**.

#BeThe1To **Keep Them Safe**.

#BeThe1To **Help Them Connect**.

#BeThe1To **Follow Up**.

Suicide is the **2<sup>nd</sup>** leading cause of death of people ages 10-24. It **DOES** affect rural communities. If you have any questions or think someone may be suicidal, please contact the phone numbers listed below and/or contact Mrs. Helfrich at USD 482 Dighton Schools (620) 397-5333.



### **National/Local Resources**

- National Suicide Lifeline  
24/7: 1-800-273-TALK (8255)
- Compass Behavioral Health  
24/7: 1-620-872-5338

### **Website Resources**

- <https://suicidepreventionlifeline.org/>
- <https://sossignsofsuicide.org/parent/spot-signs>



### **Warning Signs**

- Threatening to kill self
- Looking for ways to kill self
- Talking or writing about death, dying or suicide
- Expressing no reason for living or no sense of purpose in life
- Rage, seeking revenge
- Recklessness or risky behavior, seemingly without thinking
- Expressions of feeling trapped like there is no way out
- Increased drug or alcohol use
- Withdrawal from friends, family and society
- Anxiety, agitation, inability to sleep or increased sleep
- Dramatic mood changes