

NATIONAL SUICIDE PREVENTION MONTH



September is National Suicide Prevention Month

KNOW THE WARNING SIGNS:

- FEELING LIKE A BURDEN
- BEING ISOLATED
- INCREASED ANXIETY
- FEELING TRAPPED OR IN UNBEARABLE PAIN
- INCREASED SUBSTANCE USE
- LOOKING FOR A WAY TO ACCESS LETHAL WEAPONS
- INCREASED ANGER OR RAGE
- EXPRESSING HOPELESSNESS
- SLEEPING TOO LITTLE OR TOO MUCH
- TALKING OR POSTING ABOUT WANTING TO DIE
- MAKING PLANS FOR SUICIDE

5 STEPS TO HELP SOMEONE AT RISK

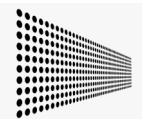
1. ASK.
2. KEEP THEM SAFE.
3. BE THERE
4. HELP THEM CONNECT.
5. FOLLOW UP.



Over **44,000** Americans die by suicide each year.



Suicide is the 4th leading cause of death for people age 18-65.



For every suicide death, there are over **25** suicide attempts.

BeWellVA.com offers connections for getting help, learning more about mental health and suicide prevention, community events and accessing specialized resources for active-duty military and veterans.

BeWellVA

District 19 Community Services
Board Crisis 24-Hour Hotline
(804) 862-8000 or (866) 365-2130



District 19
COMMUNITY SERVICES BOARD