

SCHOOL SOCIAL WORK

MONTHLY NEWSLETTER

SUICIDE PREVENTION MONTH



September is suicide prevention month. This month is used to bring awareness and resources to this urgent crisis. Suicidal thoughts can affect anyone, regardless of age, gender, or background. Thoughts of suicide should not be considered normal, and often indicate a more serious issue. Starting a conversation can help save a life. Studies show people who are having thoughts of suicide feel relief when someone asks about them in a caring way. Open up the dialogue with a loved one and let them know that it is okay to talk about deeper feelings and thoughts

COMMUNITY RESOURCES

- **IF YOU OR SOMEONE YOU KNOW ARE EXPERIENCING THOUGHTS OF SUICIDE, PLEASE CALL 211 (CRISIS SERVICES IN CT), 988 (SUICIDE & CRISIS LIFELINE) OR 911**
- **WELLMORE URGENT CRISIS CENTER, WATERBURY CT. OPEN 24/7, NO APPOINTMENT NECESSARY. FOR YOUTH 4-18**

WARNING SIGNS

Here is a short list of warning signs. Please contact a mental health provider, 211 or 988 if one or more of these signs are exhibited.

Please [click here](#) for more information

- Hopelessness
- Rage, anger
- Withdrawing from friends, family or society
- Agitation
- No reason to live; no sense of purpose in life

