

Suicide Prevention Awareness Month

As the weather begins to cool and we transition to fall, the nation (National Suicide Prevention Week: September 10th – September 17) and world (World Suicide Prevention Day: September 10th) stops to recognize our role in suicide prevention.

We, at the SRF Suicide Prevention Research and Training Project in the School of Social Work at Monmouth University, want to take a moment to add our voice to the chorus of individuals raising awareness and working to educate individuals on what they can do to reduce the number of deaths by suicide.

Over 44,000 individuals in the United States died by suicide in 2015 (the most recent year data is available)¹. Data suggests that for every life lost to suicide 25 individuals (on average) make an attempt¹. This means there is room for all of us to work together to help to save a life. SO... what can we do.

- *We can educate ourselves on who may be at risk for suicide. Attend a conference, or check out some national/local suicide prevention resources.* (such as: American Association for Suicidology: www.suicidology.org, American Foundation for Suicide Prevention; www.afsp.org; Suicide Prevention Resource Center: www.sprc.org).
- *When we see the signs of suicide or are worried about someone not acting “like themselves”, we can be willing to ask if he/she is thinking of hurting themselves? Or thinking of killing themselves?*
- *We should know what initial steps to take to get someone help when they are in trouble. Know your local resources and know the National Suicide Prevention Lifeline number [1-800-273-8255 (TALK)] and be willing to call to get help.*

Finally, as our parts of our country are struggling with devastating hurricanes, many of us in New Jersey know all too well what they may be feeling and experiencing. As we enter Suicide Prevention Week (and over the next few weeks), please keep an eye out for our friends and neighbors as some individuals who were impacted by Superstorm Sandy may be experiencing unexpected stress



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as they watch the media coverage of the storms and may find themselves reliving their own traumatic experiences.

If you would like to learn more about the SRF Suicide Prevention Research and Training Project, please reach out to Michelle Scott, Ph.D. at mScott@monmouth.edu or visit: <https://www.monmouth.edu/SRF/>