

Newsletter

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September is Promote National Suicide Prevention Month .

Every year, the Lifeline and other mental health organizations and individuals across the U.S. and around the world raise awareness of suicide prevention during

September, National Suicide Prevention Month.



for more information, please visit

<https://suicidepreventionlifeline.org>

Coming Soon!

Hip Hop Expression

Adult support group (coping with COVID-19)

Teen support group (coping with COVID-19)

Women's support group

Painting Classes

Kid's Movie Night

Puppet Show



Wellness & Trauma

RECOVERY CENTER

National Suicide Prevention Month

All month, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness. Suicide is not inevitable for anyone. But starting the conversation, providing support, and directing help to those who need it, we can prevent suicides and save lives. Some risk factors of suicide include

- Mental disorders such as mood disorders, schizophrenia, anxiety disorders, and certain personality disorders.
- Alcohol and other substance use disorders
- Hopelessness
- Impulsive and/or aggressive tendencies
- Major physical illnesses
- Previous suicide attempt(s)
- Job or financial loss

Statistics of suicide in the United States of America

- Suicide is the 10th leading cause of death in America
- In 2019, 47,511 Americans died due to suicide
- In 2019, there was an estimated 1.38 M suicide attempts.

CONTACT INFORMATION

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