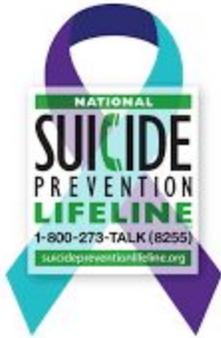


## September 2018 Newsletter

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### Suicide Prevention Month



Suicide can affect anyone no matter their age, gender, cultural background or professional background. Suicidal ideation is often times the result of a preexisting mental illness that was not detected or treated. While younger individuals have significantly lower suicidal statistics compared to middle-aged or older adults, they still are affected. According to the 2015 Youth Risk Behavior Survey, 8.6% of youth in grades 9-12 reported attempting suicide within the past 12 months and 2.8% reported having a suicide attempt that required hospitalization.

September 9th-15th is marked as National Suicide Prevention week, a nationwide campaign dedicated to the spread of knowledge and information about suicide prevention to health care professionals as well as the general public. It is time to start the conversation about a topic that has been heavily tabooed and stigmatized throughout our country. In order to helpfully address this problem, we need to continue to reach out to those who have been directly and indirectly affected by suicide, spread awareness about the risks and warning signs, as well as share resources and treatment services.

[www.northshorecenterllc.com](http://www.northshorecenterllc.com)

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## The Statistics:

- **44,965** Americans die from suicide each year.
- **800,000** individuals die globally from suicide each year (approximately 1 every 40 seconds).
- Suicide rates have **increased 25%** in the past 20 years.



Many campaigns are dedicated to the spread of suicide awareness. For instance, “Tomorrow needs you” is a global campaign created by an organization called To Write Love On Her Arms (TWLOHA). It sends a message cross culturally to those who may be suffering from a mental illness and possible suicidal ideation.

This non-profit organization was founded when Jamie Tworkowski wanted to help share his friend’s story of addiction, depression, self-harm, and suicidal thoughts. He wrote about the five days he spent with his friend before she was admitted into treatment and posted her story on MySpace. Jamie and his friends found themselves in a conversation that could not be ignored and they soon were receiving questions from individuals all across the world. Jamie was able to have an impact on others’ lives who had also shared the same struggles of depression, self-harm, addiction, and suicidal ideation by simply sharing a story. This organization has now donated over \$2 million dollars to treatment and recovery as well as provided grants to 105 organizations and counseling practices.

To learn more about the TWLOHA organization or the “Tomorrow needs you” campaign go to:

- [www.twloha.com](http://www.twloha.com)

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## More Information

Suicide is a worldwide phenomenon that demands our attention. Without the initiation of this conversation within our homes and schools those that are suffering will continue to feel alone and without options. For more information regarding warning signs, when to initiate the conversation, and much more, please follow the instructions below to see an exclusive interview with North Shore Center Clinical Psychologist, Dr. Michael Mazius.

Go to:

1. [www.northshorecenterllc.com](http://www.northshorecenterllc.com)
2. Go to the tabs section on the left side of the screen and click on "Informative Videos"
3. Click on "Suicide Awareness Interview"

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NAMI. (n.d.). Retrieved from

<https://www.nami.org/Get-Involved/Awareness-Events/Suicide-Prevention-Awareness-Month>

Tomorrow Needs You – TWLOHA. (n.d.). Retrieved from

<https://twloha.com/tomorrowneedsyou/>

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