

Sept. 4-10 is Suicide Prevention Week

September 6, 2011 issue
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Major depression is the psychiatric disorder most often associated with suicide. About two-thirds of people who commit suicide are depressed at the time of their deaths. Approximately 7 out of every hundred men and 1 out of every hundred women who have been diagnosed with depression will go on to complete suicide. Depressed individuals who have a drug or alcohol dependence are also at higher risk for suicide.



A suicidal person may:

- Talk about suicide, death and no reason to live
- Be preoccupied with death or dying
- Withdraw from friends and/or activities that they previously enjoyed
- Have experienced a recent severe loss (i.e. relationship, job or financial)
- Act reckless, impulsive or take unnecessary risks
- Lose interest in personal appearance
- Increase their use of alcohol or drugs
- Express a sense of hopelessness
- Be agitated and irritable
- Be faced with a situation of humiliation and failure
- Be unwilling to “connect” with potential helpers

Most people at some time in their life may think about suicide, however, the majority of people decide to live because they realize the crisis is temporary, but death is not. Older persons (ages 65 and older) have the highest rates of suicide due to chronic health problems, use of many medications, changes in health status, loss of a spouse or other financial losses, and firearms in the home. **If you or someone you know experience any of the feelings below, get help or offer help:**

- Can't stop the pain
- Can't think clearly
- Can't make decisions
- Can't see any way out
- Can't eat, work or sleep
- Can't make the sadness go away
- Can't see the possibility of change
- Can't see yourself as worthwhile
- Can't seem to get control

If you believe a family member, friend or coworker is at high risk for suicide, contact a professional immediately. Get involved, become available and show interest and support. If you are unable to do this, find someone who can like a neighbor or minister. Do not be sworn to secrecy. Call a local suicide crisis center (414-257-7222) or 1-800-273-TALK, a family physician, a medical emergency room or an employee assistance program, if available. Not all suicides can be prevented, however, we can be vigilant to recognize the signs of this silent killer.

Source: *American Association for Suicidology*

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{ For more information regarding Sensia Healthcare's
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