



## September: Suicide Prevention Month

- Over 48,000 lives were taken through suicide in 2021<sup>3</sup>
- LGBTQ+ individuals are 3x more likely to commit suicide than their peers as of 2021<sup>1</sup>
- In 2021, 43.4% of 18-29 year olds experienced symptoms of depression, compared to 21% in 2019<sup>2</sup>
- 48.5% of 18-29 year olds screened positive for anxiety in 2021, compared to 11.0% in 2019<sup>2</sup>



### Outreach Opportunity: Cards for Seniors

The organization Gifts for Seniors is an outreach program that seeks to connect with isolated seniors and bring them joy. Along with gifts and donations, the organization also collects cards to send to seniors - they are currently collecting Christmas cards! Consider writing a card that we can send to be distributed to people who will cherish them!

(Sarah O and Sarah K will be collecting cards until October 31st to mail in if you wish to contribute!)

Find out more information here: [Cards For Seniors — Gifts For Seniors](#)



### Resources

Suicide and Crisis Lifeline: call 988

Crisis Text Line: text IN to 741741 for free, 24/7 counseling

Veterans Crisis Line: 800-273-8255 and press 1

The Trevor Project, LGBTQ+ support: 886-488-7386

## Resources to Further Your Education

### Why Screening and Early Prevention is Important!

[Discover NIMH: Hope Through Early Prevention and Intervention](#)

### Normalizing the Conversation - First Hand Story (great watch!)

[Meet Fonda Bryant | Suicide Survivor - YouTube](#)

### We Are Not Immune! Check out this link for more resources on suicide risk/prevention for healthcare providers

[Preventing suicide among health care professionals | AFSP](#)

## Wellness Challenge of the Month

One of the most significant factors in prevention of suicide is having a support system - life can get busy and sometimes it is hard to reach out!

### We challenge everyone to:

1. Reach out to a friend or family member you haven't talked to in awhile
2. Ask how they are!
3. Take the time to have a genuine conversation with them and reconnect with someone who is important to you!

“Education is the most powerful weapon we can use to change the world”

- Nelson Mandela

## Additional Reminders and What to Look Forward to Next Month!

### September is also Blood Cancer Awareness Month

- According to the Leukemia & Lymphoma Society, **more than 1.5 Million** people are living with or in remission from blood cancer

### Things to consider as a future provider!

- “Blood cancers typically present with easily overlooked symptoms such as fatigue, unexplained weight loss, and recurrent infections, making it challenging to pinpoint blood cancer in its early stages. This is why it is important to see a doctor regularly to catch it early and get help” -Dr Bhargava<sup>4</sup>

To Learn more we encourage you to check out the Leukemia and Lymphoma Society [Education Videos | Leukemia and Lymphoma Society \(lls.org\)](#)

See you next month for more DEI topics!

## Other Sources We Used...

1. [Mental Health and Suicide Statistics | The Jed Foundation](#)
2. [Youth Suicide Risk Increased Over Past Decade | The Pew Charitable Trusts](#)
3. [Suicide statistics | AFSP](#)
4. [Blood Cancer Awareness Month: Must-Know Facts About Blood Cancer | Onlymyhealth](#)
5. [National Suicide Prevention Awareness Month – American Association of Suicidology](#)