

1-800-273-8255

National Suicide Prevention Lifeline

Suicide Prevention Week: Sept. 9-14,2019

– DID YOU KNOW? –



Suicide is the 10th leading cause of death in the U.S across all ages.



There are **2 times** as many deaths due to suicide than HIV/AIDS.



More than 1 in 5 people who completed suicide had expressed their suicide intent.



Men make up **79%** of all suicides, while women are more prone to having suicidal thoughts.



The TADS study showed that 80-90% people who had explored treatment for depression were treated successfully using therapy and/or medication.



Come & Join our Events!!



Monday :Sept. 9th How do You Know if a Friend Needs Help? Attend **Question- Persuade-Refer (QPR)** Training **IREB 240,12-1PM Snacks Provided!**



Tuesday:Sept. 10th Self-Harm & Suicide Prevention **Guest Speaker from Mesa Springs IREB 230.12-1PM** Lunch Provided for the First 25



People!



Wednesday:Sept. 11th **Local impact of Suicide Prevention Dr.Cynthia Claassen MET 125S, 12-1PM** Lunch Provided by the Psychiatric

psychiatry.org/patients-families/suicide-prevention: https://save.org/about-suicide/suicide-facts/: Mental Health Drug and Alcohol Office, NSW Department of Health. "NSW Suicide Prevention Strategy 2010-2015." New South Wales Ministry of Health. Accessed February 14, 1925, http://www.health.nsw.gov.au/pubs/2010/pdf/suicide_ps.pdf.;SAVE. "Suicide Facts." Suicide Awarness Voices of Education. Accessed February 25, 2014, http://www.save.org/index.cfm?fuseaction=home.viewPage&page_id=705D5DF4-055B-F1EC-3F66462866FCB4E6



Thursday: Sept. 12th Stop by to Learn about Campus & Community Resources

MET Lobby, 12:30-1:30pm

Friday :Sept. 13th



Care Team: Contact: 817-735-2740 CareTeam@unthsc.edu

Student Food Pantry

-Any current UNTHSC student in need can visit the food pantry. Location- SSC 232. Time: 8am-5pm [Mon-Fri].

WellConnect Student **Assistance Program:** 6 Free counseling sessions to students & their family members. 24/7 Phone: 866-640-4777 Website: wellconnectbysrs.com **Code: UNTHSC**



Club!