

# Break the Stigma

## Bring Suicide Out of the Dark

Suicide is a complex public health problem and is the tenth leading cause of death for all ages in the United State (CDC 2019). Risk factors include mental and substance abuse disorders, family violence, and exposure to suicidal behavior of others. Suicide doesn't always make sense to someone on the outside. Depression and mental health issues can make someone feel like a burden or hopeless. It is critical to help all people know that there are ways to help us out of such darkness.



**Mental health is just as important as physical health.**

## Promote Mental Health

Mental health is just as important as physical health. Just like you brush your teeth everyday, taking time to reflect on your feelings is crucial for a healthy mindset. Mental health looks different for everyone and everyone needs an outlet to decompress after a long day.

Mental health has long been overlooked in American society. The concept of looking perfectly fine on the outside, while suppressing your feelings can make it harder to live your daily life. Strength is equated with silence about mental health struggles and this leads to needless suffering for many. More and more, people have started to normalize taking mental health days. By taking the time we need to promote a healthy way of living, people will learn how to better deal with their emotions in uncertain situations. Getting professional support is incredibly important — and a sign of strength — when you or someone you know is struggling.

**Suppressing feelings can make it harder to live daily life.**



## Join the Conversation

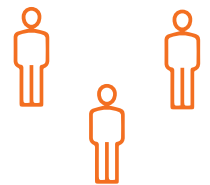
Suicide is not frequently talked about within our society due to the stigma surrounding mental health. People often feel as though they don't know enough, so it's better to say nothing. This is why we, as a society, need to promote mental health education.

Always confide in a trusted friend or adult in times of need. Don't be afraid to talk about your personal struggles and conflicts. Everyone goes through hard times — from sharing these experiences, we can create deeper connections.

## All Ages are at Risk

Suicide affects a surprisingly large number of people — nearly half of us have been personally impacted by suicide according to research (Ceret et al. 2018.). Suicidal thoughts and behaviors can appear in any age, gender, or race. That's why it is so important for everyone to join the conversation. By familiarizing yourself with the symptoms, you could save the life of a friend, loved one, or community member.

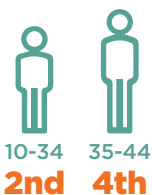
**Now, more than ever, we must be vigilant for symptoms of mental health struggles in the people around us.**



## Life After Covid-19

Quarantine measures during the Covid-19 pandemic have increased risk of mental health issues, especially in vulnerable groups. (Wang et al. 2021). As we look forward to our "new normal" after Covid-19, we need to handle the lasting effects on our mental health. It will take time to regain social skills and readjust from uncertainty and loneliness. The end of the pandemic may leave more people at risk for developing mental illnesses, like depression. Now, more than ever, we must be vigilant for symptoms of mental health struggles in the people around us.

Ceret J, Brown M, Maple M et al. How Many People Are Exposed to Suicide? Not Six. Suicide and Life-Threatening Behavior. 2018. Wang Y, et al. The Impact of Quarantine on Mental Health Status among General Population in China during the COVID-19 Pandemic. 2021



**Suicide was the 2nd leading cause of death for ages 10 - 34 in the U.S.**

**Suicide was the 4th leading cause of death for ages 35 - 44 in 2019.**

source: cdc.gov

National Suicide Prevention Lifeline

800-273-8255

ADAMH Board of Franklin County

adamhfranklin.org

Crisis Text Line

text **START** to 741 741