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Social Services | Public Health | Mental Health

news release

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'Know the Signs' for Suicide Prevention Month

The Humboldt County Department of Health & Human Services (DHHS) is partnering with community groups to host events and trainings during National Suicide Prevention Month.

The purpose of the month's events is to call attention to suicide as a community health problem, and that through community efforts we can all work to prevent it.

DHHS's Suicide Prevention program has joined the statewide "Know the Signs" campaign. The goals of the movement are to let people know what the warning signs of suicide are, educate people on how to offer help to someone with thoughts of suicide, and connect people with local resources.

Warning signs include sudden mood changes, withdrawal or giving away possessions. They may also include an increase or decrease in sleep or appetite. A person thinking about suicide may also use more drugs or alcohol. Signs differ for each person, but most people who die by suicide communicate their intentions in some way.

Throughout September, community members can get "Know the Signs" coffee cup sleeves, drink coasters and brochures and posters in English and Spanish at businesses throughout the community.

If you are concerned for yourself or someone else, contact the National Suicide Prevention Lifeline at 1-800-273-8255.

Businesses interested in having free "Know the Signs" materials available for customers can call 707-268-2132.

A calendar of events for Suicide Prevention Month and a list of suicide prevention resources are available at <http://humboldt.gov/preventsuicide>.

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