



Connie Beck, Director
Social Services | Public Health | Mental Health

news release

Sept. 6, 2017

September events dedicated to suicide prevention

Members of the county's Suicide Prevention Network gave a presentation to the Humboldt County Board of Supervisors Tuesday morning focusing on local prevention efforts.

Rob England from United Indian Health Services, Heather Freitas from the Out of the Darkness Community Walk and Humboldt County Department of Health & Human Services (DHHS) Senior Health Education Specialist Kris Huschle participated in the presentation in honor of Suicide Prevention Month.

First District Supervisor Rex Bohn, who sponsored the presentation, said it is important to bring awareness to the topic of suicide.

"If we can address it rather than push it aside I think we can make ground," he said.

Huschle said the Suicide Prevention Network is made up of individuals and community organizations that are concerned and want to make progress in suicide prevention.

"Suicide is a community health problem," she said. "Suicide Prevention Month is an opportunity to learn about how each of us can do something to prevent suicide."

As in previous years, DHHS is partnering with community organizations and tribal partners to host events and trainings throughout the month.

In addition to the Board presentation and trainings, the highlight of the month is the Out of the Darkness Community Walk. The walk is scheduled to take place in Arcata on Saturday, Sept. 10. Registration starts at 9 a.m. with the walk scheduled to start at 10. The third annual walk coincides with World Suicide Prevention Day.

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

Suicide 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.

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



On Tuesday morning, Suicide Prevention Network representatives gathered outside the courthouse after their presentation to the Board of Supervisors. Back row from left: Marian Strong, Kristen Smith, Rob England, Heather Freitas and Alissa Leigh. Front row from left: Shanley Masten, Linda O'Hara-Scott, Kris Huschle and Sarah Scott.

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