



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

## news release

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Sept. 6, 2019

### September is Suicide Prevention Awareness Month

The Humboldt County Department of Health & Human Services (DHHS) and community partners are hosting events and trainings during Suicide Prevention Awareness Month.

On Sunday, Sept. 8, the American Foundation for Suicide Prevention in Humboldt County will hold its fifth annual Out of the Darkness Walk at the Arcata Plaza. Registration starts at 9 a.m., and the walk begins at 10. September's events also include a panel discussion on the intersections of pain management, opioid medication tapering and suicide risk.

DHHS Senior Health Education Specialist Kris Huschle said, "Preventing suicide involves the whole community. Participating in events during suicide prevention month and throughout the year is one way community members can learn more about how we each have a role to play."

Most people who are considering suicide signal their intentions in some way. Warning signs can include sudden mood changes, withdrawal or giving away possessions. An increase or decrease in sleep, appetite or drug and alcohol use may also indicate someone is thinking about suicide. Check in with people around you, and let them know help is available. Become familiar with resources to offer the person you are concerned about.

The Healthy Communities Division of DHHS Public Health organizes workshops throughout the year to help community residents recognize the warning signs of suicide. For more information and to access a full schedule of local Suicide Prevention Awareness Month events, visit [humboldt.gov/preventsuicide](http://humboldt.gov/preventsuicide).

If you are concerned for yourself or someone else, contact the 24-hour Mental Health Crisis Line at 707-445-7715 or the National Suicide Prevention Lifeline at 800-273-8255.

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