

PREVENTING SUICIDE IN OUR COMMUNITY

YOUR LIFE IS GOOD. YOUR LIFE IS A GIFT. - sometimes we need help to believe -

COMMON MYTHS

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SUICIDE DOESN'T HAPPEN IN OUR COMMUNITY

In the United States, 5% of all adults and 13% of youth ages 12-25 had **serious suicidal thoughts** in 2021. The highest rates of suicide are among adults ages 85+.

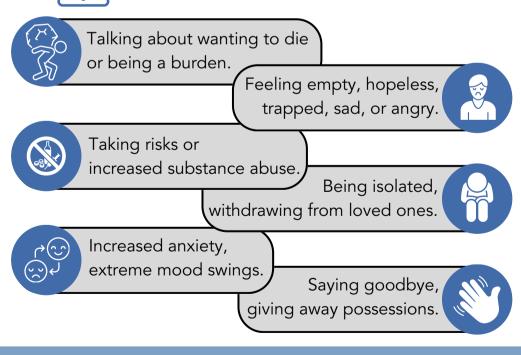


TALKING ABOUT SUICIDE COULD PROVOKE SOMEONE TO ATTEMPT IT Although high-profile suicides may trigger other attempts, **talking honestly and openly** about suicide is important because it lets people know non-judgmental help is available.

MENTAL HEALTH STRUGGLES SHOULD BE KEPT

SECRET There is **nothing shameful** about suffering from depression, anxiety, or suicidal thoughts, and there are people who want to help.

COMMON WARNING SIGNS



988LIFELINE.ORG



Are you thinking about suicide or worried about a friend or loved one?

You are not alone! Help is available.

Call or text 24/7 (English or Spanish) for immediate help for yourself or a loved one.



PARISH COUNSELING NETWORK

Parishioners experiencing mental health challenges may be eligible for up to six counseling sessions with a co-pay of just \$10! Speak to your priest or a parish staff member for a referral.

SOLACE HOUSE

Free counseling and support services: **718-482-0001**

