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Advantage EAP expands hours in the New River Valley!!!

Advantage EAP has additional hours in Radford at 22 Montgomery Street. Call 1-800-699-9396

Online Resources may be found at the bottom of this newsletter.

Suicide: Awareness and Prevention



Unfortunately, suicide takes the lives of 34,000 Americans every year. Talking about suicide is somewhat taboo in our society; however it is so important to know the warning signs and misconceptions that are associated with suicide. It is imperative that if you or someone you know are having any suicidal thoughts, that you get help right away. This newsletter helps to give you more information on issues surrounding suicide and ways to help.

The Warning Signs¹

One of the most vital ways to bring about awareness about suicide is to know the warning signs that individuals may display when having suicidal thoughts. The following are some of the warning signs/symptoms individuals may have when thinking about suicide:

- Talking, thinking or wishing about suicide
- Purposelessness/ Hopelessness
- Anxiety
- Anger
- Dramatic changes in mood
- Feeling trapped, like there is no way out
- Withdrawal
- Loss of interests
- Making arrangements/setting things in order

Who Is At Risk?²

Suicide does not discriminate for who it affects. Suicide can concern anyone, although some groups may be at more of a risk than others. Women are 3 times more likely to attempt suicide; however men are 4 times more likely to actually succeed in their attempts*. There are several risk factors which may be associated with suicide, although this does not mean that suicide will occur. The following are some risk factors:

Locations:

2727 Electric Road, Ste 100
Roanoke, VA 24018

200 Professional Park Drive
Unit 1
Blacksburg, VA 24060

Alleghany Regional Hospital
1 ARH Lane, Room 529
Low Moor, VA 24457

22 Montgomery Street
Radford, VA 24141

Contact Us:

Hours: Monday – Friday, 8:30-5:00pm. Evening hours are available on a limited basis.

(540) 989-6605 or 800-699-9396

Nights and weekends call
RESPOND:

(540) 776-1100 or 800-541-9992

Advantage EAP does not necessarily endorse any products or services mentioned

- Previous suicide attempts
- History of depression or mental illness
- Family history of suicide
- Physical illness
- Alcohol or drug abuse

The Misconceptions¹



There are many misconceptions associated with suicidal persons. Suicide is a serious issue, and threats and/or jokes should always be taken seriously. The following are misconceptions that people may have surrounding suicide:

- “People who talk about committing suicide, won’t really do it.”- This is not true. These statements or joking may be a warning sign to those in trouble.
- Nothing will stop someone who is determined to harm themselves.- Not true. Even people with severe depression waver about death.
- Talking about suicide will give someone an idea- Again, not true. You won’t give someone an idea about suicide by talking about it openly, rather it can be one of the most helpful things you can do.
- People who want to kill themselves must be crazy.- This is not true. Most suicidal people are not insane or psychotic. Oftentimes people are deeply depressed or grief-stricken; however this does not note psychosis.

How to help¹

It’s very important that you get help right away for yourself, loved one or friend who may be having suicidal thoughts. The following offer some suggestions on ways to help:

- Find someone you can tell immediately--Don’t just dismiss someone who has told you they are thinking about suicide.
- Check yourself into an emergency room.
- Call to get help.
- Stay away from objects that could be harmful.
- Find long-term help, such as counseling.

National Suicide Prevention Lifeline (a service available to anyone)- 1-800-273-TALK (8255)

*****If there is an immediate threat, get help right away, do not wait*****

Advantage EAP is a benefit provided by your employer. There are counselors with Advantage EAP who have the training and experience to help with these issues.

Please contact your Advantage EAP at:

(540) 989-6605 or 800-699-9396

Or visit our website at: www.psychhealthroanoke.com

Or our Blog at: <http://psychhealthroanoke.blogspot.com/>

Resources from this newsletter:

1) Save- Suicide Awareness Voices of Education:

<http://www.save.org/index.cfm>

2) CDC: Injury Prevention and Control:

<http://www.cdc.gov/ViolencePrevention/suicide/>

Statistics Resources Site:

* 1. Centers for Disease Control and Prevention. Web-based Injury Statistics Query and Reporting System (WISQARS) [Online]. (2010). National Center for Injury Prevention and Control, Centers for Disease Control and Prevention (producer). [cited 2010 June 23]. Available from: URL: www.cdc.gov/injury/wisqars/index.html.

2. Krug EG, Dahlberg LL, Mercy JA, Zwi AB, Lozano R, editors. World report on violence and health [serial online]. 2004 May. [cited 2006 Aug 9]. Available from: URL: www.who.int/violence_injury_prevention/violence/world_report/wrvh1/en.