

September is National Suicide Prevention Month. During this month we remember those whom we have lost to suicide and work toward preventing future losses to this epidemic.

Did you know that Suicide is the "**second**-leading cause of death among people aged 25 to 34 and the third-leading cause of death among people aged 15 to 24..." according to www.emorycaresforyou.emory.edu/

As a whole, we need to understand the causes and symptoms of suicide, in an effort to help those in need. SAVE.org has listed several warning signs of suicide, which we have listed below to help familiarize ourselves with and better understand, to help prevent someone we love from the unimaginable.

If you or anyone you know are showing signs of being in acute danger, please call the National Suicide Prevention Hotline at [1-800-273-8255](tel:1-800-273-8255). Your life matters!

In Good Health,
Dr. Dana Kaspereen

Warning signs are indicators that a person may be in acute danger and may urgently need help.

- **Talking about wanting to die or to kill oneself;**
- **Looking for a way to kill oneself;**
- **Talking about feeling hopeless or having no purpose;**
- **Talking about feeling trapped or being in unbearable pain;**
- **Talking about being a burden to others;**
- **Increasing the use of alcohol or drugs;**
- **Acting anxious, agitated, or reckless;**
- **Sleeping too little or too much;**
- **Withdrawing or feeling isolated;**
- **Showing rage or talking about seeking revenge; and**
- **Displaying extreme mood swings.**