

Suicide Prevention Awareness Month

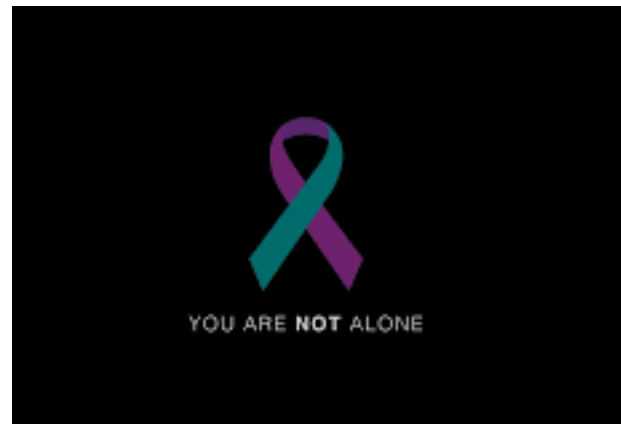
By Riley Loftus

September is National Suicide Prevention Awareness Month. Suicide affects millions of people each year, and that number doesn't account for family and friends who lose a loved one due to suicide. An estimated 1 million people take their own lives each year. Suicide is a real issue that is not taken seriously by many people.

September began as National Suicide Prevention Month in 2008. Additionally, World Suicide Prevention Day is observed on September 10th. Since then it has been a month dedicated to remembering and acknowledging

those who have been affected by suicide, raising awareness, and trying to prevent more people from taking their own lives. According to the World Health Organization, suicide is the fourth leading cause of death among 15-29-year-olds. 77% of global suicides occur in low and middle-income countries. Fortunately, only 1/10 of suicide attempts are successful.

If you want to do something within the next two months to help raise awareness for suicide, there are many options in the Cincinnati area or online. For a more physically active approach, the American Foundation for Suicide Prevention is putting on the “Out of the Darkness Cincinnati Walk” on 10/1/2023, it’s a 1.87-mile-long walk dedicated to uniting the community and raising awareness. Another active option is the “Warrior Run”, a 1-mile walk or 5k on 10/14/23. Both the Out of Darkness Walk and the Warrior Run take donations. You can



also donate to various organizations. To name a few: the Ohio Suicide Prevention Foundation, The American Foundation for Suicide Prevention, the National Action Alliance for Suicide Prevention, and The Jed Foundation. Each of which works to inform, prevent, and assist people.

If you or a loved one are considering suicide, reach out to those around you. You could also call the suicide and crisis lifeline at the number 988. Remember: suicide is not the only option, and you matter.