

Austin Lucas  
Ohio Suicide Prevention Foundation  
2323 W. 5<sup>th</sup> Ave, Suite 160, Columbus, OH 43204  
614-429-1528



The Ohio Suicide Prevention Foundation (OSPF) shares that **[September marks National Suicide Prevention Month](#)** and National Suicide Prevention Week falls on **September 10<sup>th</sup> through 16<sup>th</sup>, 2017**. **World Suicide Prevention Day is September 10<sup>th</sup>**. Use September to raise awareness of suicide prevention, to collaborate with others who have key roles in suicide prevention, and to remember those who have lost their lives to suicide.

***There are many things you can do to promote suicide prevention this month! Learn the facts and use the resources below to help spread the word on suicide prevention!***

### **Key Ohio Facts:**

- Ohio ranks 32<sup>nd</sup> in the nation in its rate of suicide deaths.
- Ohio men have a suicide rate which is nearly 4x greater than Ohio females
  - The Ohio male suicide rate is 20.0 per 100,000 individuals and the Ohio female suicide rate is 5.4 per 100,000 individuals.
- The majority of Ohio suicide deaths occur in adult men 65+
- Suicide is the second leading cause of death in Ohio youth (10-24)

Information Obtained from [The Ohio Violent Death Reporting System \(2016\)](#).

### **Get Involved in Suicide Prevention Month with OSPF!:**

**OSPF offers many suicide prevention resources for Ohioans to freely use. Some are:**

- OSPF works with local suicide prevention coalitions to educate and increase awareness on suicide prevention. Find your local coalition at [ohiospf.org](http://ohiospf.org).
- Ohio has more Local Outreach to Suicide Survivors (LOSS) Teams than any other state. For more information on these teams, reach out to Denise Meine-Graham at [denise@franklincountyloss.org](mailto:denise@franklincountyloss.org)
- ***Kognito: online, avatar-based simulations*** which teach community members how to effectively engage in conversations about mental health, and how to appropriately refer distressed individuals to professional resources. ***All Kognito simulations and resources can be accessed for free at [ohiospf.org](http://ohiospf.org)!***

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**On September 11<sup>th</sup>** [OSPF and Kognito will host a military-focused webinar at 12:00pm](#). This webinar will provide an example of how the Kognito trainings are being incorporated into The Ohio National Guard's ongoing suicide prevention efforts and will provide an overview the Kognito simulations for service members. [Register for this free webinar here](#).

- [The Collaborative Assessment and Management of Suicidality \(CAMS\)](#): This training provides mental health professionals with skills and practice in directly treating patients' suicidal drivers.

**On September 12<sup>th</sup>**, OSPF will host a [CAMS, In-Person Workshop](#) in Dayton, Ohio. All participants who sign up for the in-person workshop will be given access to a CAMS-Online training and they must complete the online training prior to attending the in-person workshop. [To register for the in-person workshop, click here](#) (cost is only \$30).

- [Assessing and Managing Suicide Risk \(AMSR\)](#): This training for all behavioral health professionals educates on how to recognize and assess suicide risk, plan for client safety, and manage the ongoing care of clients.

**On September 26<sup>th</sup>**, OSPF will host an [AMSR Training](#) in St. Clairsville, OH. Cost is only \$30. [Register for the training here](#).

Learn more about all our resources at [ohiospf.org](#). Take time this Suicide Prevention Month to join the OSPF trainings and promote the free OSPF resources for 2017!

## **Help Promote National Suicide Prevention Month Resources:**

- Use the **Suicide Prevention Week Toolkit** from the American Association of Suicidology to create your own effective suicide prevention messaging! [Click here to access!](#)
- **Help Spread National Suicide Prevention Month Messaging through social media!** Tag your social media posts with #Bethe1To. Learn more on this month's social media campaigns at [nationalsuicidepreventionlifeline.org](#).
- **Join the American Foundation for Suicide Prevention's campaign:** #stopsuicide. Learn more at [afsp.org](#).

## **Why do you want to get involved this month? Because you can...**

- Learn how to effectively recognize warning signs of suicide and help those at risk of suicide
- Educate yourself and others about suicide awareness and prevention
- Take part in Ohio's mission to lower the rate of suicide in our state

For any further questions about the National Suicide Prevention Month or OSPF please contact Shawna Hite at [Shawna.hite@ohiospf.org](mailto:Shawna.hite@ohiospf.org).