

Stay Alert in Times Like These

# PREVENT

camden county

ADDICTION AWARENESS TASK FORCE

Making It Better, Together.

Someone dies from suicide every 12 minutes—and over the past two decades, suicide rates have increased in every state across the country. For the first time in recent generations, life expectancy is decreasing due to suicide (SAMHSA). According to the latest research:

- There were 1.4 million attempts and more than 47,000 deaths from suicide.
- Suicide is at its highest level and is still rising.
- Rural counties are being hit the hardest with suicide rates double the rate in urban counties.
- There has been an alarming 50% increase of suicide rates among women.

Suicide touches whole communities. Each person who dies by suicide leaves behind 135 people who knew that person—and the impact of suicide and the bereavement that follow.

**Suicide can touch anyone, anywhere, and at any time.**

**But it is not inevitable. There is hope.**

By starting the conversation and providing support to those who need it, we all can help prevent suicide and save lives. If you or someone you know is thinking about suicide—whether you are in crisis or not—call or live chat the **National Suicide Prevention Lifeline** at **1-800-273-TALK (8255)**. **Veterans Crisis Line: 1-800-273-8255**

## Other Resources

SAMHSA's Disaster Distress Helpline **1-800-985-5990** or text **TalkWithUs** to **66746** to connect with a trained crisis counselor. Spanish Speakers Call **1-800-985-5990** and press **"2"** From the 50 States, text **Hablanos** to **66746**.

Suicide Prevention Lifeline – COVID19 Coping tips page: <https://suicidepreventionlifeline.org/current-events/supporting-your-emotional-well-being-during-the-covid-19-outbreak/>

Link to Virtual Recovery Resources:

<https://www.samhsa.gov/sites/default/files/virtual-recovery-resources.pdf>

For additional mental health or substance abuse resources please call the Office of Mental Health & Addiction at **(856) 374-6361**

Get Connected



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for Suicide Prevention