

The CLC Index



The Importance of Suicide Prevention

Suicide rates jumped in frequency by 37% from 2000 to 2018, then decreased by 5% over the next three years. However, the number of people who ended their lives returned to their peak numbers starting in 2022. Suicide Prevention Week is important for several reasons, including the following:

- Raises awareness about the tragedy of suicide
- Connects people to valuable resources to help themselves or someone they love
- Explains what can drive a person to feel suicidal
- Reduces the stigma of mental illnesses like depression
- Teaches people to recognize the signs of a person feeling suicidal.
- Builds social connections and opportunities to speak with or have group meetings with people who understand the struggle of feeling suicidal
- Offers hope that people can find help and change how they feel

Suicide Prevention Resources

When someone feels suicidal or knows someone who is at risk, they need to know they're not alone. Therefore, we have gathered some helpful suicide prevention resources that provide support and resources for those in need. They include:

988 Lifeline: Available 24 hours a day every day of the year, Lifeline is a free and confidential service. The person can call or text and speak with a counselor.

Suicide Prevention Resource Center: Provides resources, webinars, information, and online training.

American Foundation for Suicide Prevention: Offers resources for a variety of groups, including Veterans and LGBTQ+.

The Trevor Project: Provides counselors to speak with young people in the LGBTQ+ community.

Crisis Text Line: Free 24/7 support for anyone in crisis who needs to speak to a counselor.

Veterans Crisis Line: Free, confidential round-the-clock support for veterans. Text 838255 and chat or text with a person qualified to support veterans.

Remember, that anyone feeling suicidal can go to an emergency room and receive treatment and support. Therefore, they will also be given resources to help them after the crisis is over.

About National Suicide Prevention Week

The subject of suicide makes many people uncomfortable and often shuts down their ability to discuss their own suicidal feelings or how to respond to those of others. Moreover, National Suicide Prevention Week helps provide education and promote awareness about this often difficult subject to help people have open and enlightening discussions and exchanges of information.

People often wear ribbons with purple and teal or turquoise colors on them that represent awareness of suicide. These ribbons are common on school campuses and events held to help promote suicide awareness and prevention.

How to Play a Part in Advocating for Suicide

There are lots of ways to participate in Suicide Prevention Week. For instance, the week provides a variety of functions, including gatherings built around a meal, speeches, meetings, campus get-togethers, markets, and other local events.

Attending events offered on campus and around town help people gain a valuable education. They can share what they learn with others who may benefit from their insight.

Anyone who knows someone they suspect may have depression or feels at the end of their rope can invite them to participate in some of the week's events. Moreover, volunteering to go with them or gather info such as resources for treatment can mean a lot.

Fairy's Facts

Welcome to September. I can't believe summer is over. The children are back in school and the temperature has cooled down. Fall is my favorite time of the year. I am fortunate to live in the country with the fall colors all around.

Upper Sandusky Council has been busy this summer. We start with the rummage sale and then our Ladies summer trip. Our members also support our Parish and school festivals. With the Wyandot county fair next week we will be attending many events and catching up with many friends.

Labor Day is quickly approaching as well! Celebrating Labor Day with family and friends is a great way to end the summer. I hope everyone takes the time to enjoy the day. As fall approaches, take time to enjoy the cooler temperatures and beautiful colors that nature provides.



Summer Is For Traveling Fun With Friends!



Upper Sandusky CLC Council members traveled to Louisville Kentucky for their Summer trip. Members toured the Cathedral Basilica of the Assumption in Covington on the way to Louisville. In Louisville members attended Mass at St. Bertrand then toured Louisville and Churchill Downs. Returning to Ohio members participated in a tasting at Boones County Distilling Co. and visited the Haufbrauhaus in Newport Kentucky, Jungle Jim's in Cincinnati and Young's Dairy Farm in Yellow Springs. A great time was had by all.

Rummage Sale Donations Have Found A Home

The Troxel and Brodman families received a donation from Upper Sandusky Council's rummage sale. Presenting the donations were CLC members Kathy Bramel, Fairy Wagner, Teresa Brodman, Pat Smith and Joan Smalley. The council also made a donation to the Upper Sandusky KofC and St. Peter School for the use of their gym. Thank-you to everyone that donated, purchased items and helped in any way with the rummage sale.



Heavenly Father, we are grateful for the start of this new school year. Please watch over our children and keep them safe as they go to school each day. Help them to do their best in their studies and all their activities. Bless their teachers and classmates, and guide them all to learn and grow together. Amen.

We are here when you need us!

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