

## U and Universal

### **NATIONAL SUICIDE AWARENESS MONTH**

September is National Suicide Awareness Month. Also known as Suicide Prevention Month, the month brings awareness to a topic not often talked about.

Everyone is affected by suicide, not just the victim. Suicide impacts family and friends long after the loss of a loved one. On average, one person commits suicide every 16.2 minutes. Two-thirds of the people who commit suicide suffer from depression.

The mental health of yourself or a loved one can never be taken too seriously. Whether the weight of a long-term struggle or a crisis weighs you down, allow friends, family or a profession to lighten the burden by finding support. There is no shame in seeking help.

#### **HOW TO OBSERVE**

Learning about suicide prevention during the month of September is a great way to educate yourself and others. If you or someone you know needs emergency assistance, contact the National Suicide Prevention Hotline at 1-800-273-8255. Find more help at [www.nami.org/Find-Support](http://www.nami.org/Find-Support).

## Did You Know?

Providers of community based mental health services, developmental disabilities and/or substance abuse service are required to report incidents. Failure to do so may result in actions against the provider that could affect funding or the continuation of services. So, what is an incident? The simple answer is anything out of the ordinary that affects or could affect the person served adversely.

If you are providing direct care services, it is your responsibility to report any incident to your supervisor as soon as an incident happens or as soon as you learn about an incident. If you are not sure if the occurrence is an incident, call your supervisor and report it anyway. Your supervisor will make the determination whether or not it warrants an incident report.