



## SUICIDE PREVENTION MONTH

ADMH encourages anyone who desires to learn more about how they can directly help someone in need to take QPR (Question, Persuade, Refer) and Mental Health First Aid. QPR is a gatekeeper training developed by the [QPR Institute](#) 30 years ago to enable any adult to identify someone who may be suicidal, initiate a conversation, persuade the person to get help, and assist her or him in finding and accessing appropriate help. For more information on this training, please contact Katie Beaugez at 205-677-6116, or visit [www.ASPARC.org](http://www.ASPARC.org)

Mental Health First Aid is similar to traditional first aid and CPR. Mental Health First Aid is help provided to a person developing a mental health problem or experiencing a crisis until professional treatment is obtained or the crisis resolves. For more information on this training, please contact ADMH staff member Lauren Blanding at 334-353-8866 or email [lauren.blanding@mh.alabama.gov](mailto:lauren.blanding@mh.alabama.gov).

In recognizing September as Suicide Prevention Awareness Month, the ADMH Office of Deaf Services (ODS) reached out to the Deaf community in Alabama to promote available resources and awareness regarding suicide. Click [here to watch a new video](#) from ODS.

[Veterans](#) experience a high rate of suicide. An average of 20.6 suicides every day occur among veterans, with 6,132 veterans and 1,387 servicemembers who died by suicide in 2015. Suicide prevention information is important to share with veterans, as crises can be heightened by their experiences during military service. If you're a veteran or service member and in crisis, these resources can help. Please call the [Veterans Crisis Line](#) for help.



In order to address the issue of physician suicide, the Council of Emergency Medicine Residency Directors (CORD), annually dedicate the third Monday (September 17, 2018) in September as [National Physician Suicide Awareness](#) (NPSA) Day.

Data offers the relative risk for suicide among physicians as 2.27 times greater among women and 1.41 times higher among men versus the general population. Each physician suicide is a devastating loss. It is both a very personal loss and a public health crisis. For more information, please contact the [Medical Association of Alabama](#).

Suicide is preventable. Learn how to help and obtain resources at <https://afsp.org/take-action/>. Please call the [National Suicide Prevention Lifeline](#) for 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

###