

# NATIONAL SUICIDE PREVENTION MONTH

Know the Signs | Resources to Help

## September is National Suicide Prevention Awareness Month with National Suicide Prevention Week starting September 4-10, 2022

*Suicide is the second leading cause of death for ages 10-34, and fourth leading for ages 35-44. It is one of the most preventable types of death in our nation.*

The **Department of Psychiatry and the Behavioral Sciences** at **Keck School of Medicine of USC** provides psychiatric evaluation, medication therapy, various forms of evidenced-based psychotherapy and neuromodulation for a wide range of non-emergent psychiatric conditions at the Los Angeles County + University of Southern California (LAC+USC) Medical Center, Keck Medicine of USC, and at USC Student Health. We encourage you to reach out for professional mental health services, if you need help. Contact us if you or someone you know needs help - **(800) USC-CARE (800-872-2273)**



You can also contact the National Suicide Prevention Lifeline at: **988 or 1-800-273-8255** for free and confidential emotional support 24/7.

### Look for the Warning Signs

- Someone is talking or writing about harming themselves and has a plan and means to follow through.
- Expressing feeling hopeless and helpless, making suicidal gestures, exhibiting increasing social withdrawal and isolation, has a history of suicidal behavior, or experienced a severe loss or trauma.
- Giving away possessions or saying goodbye.
- Frequent hopelessness, believes there is no way to cope or manage stressors, increased use of substances, withdrawing, dramatic and persistent mood and behavioral changes.

### How to Discuss Suicide

1. Communicate with care and empathy for the feelings of distress, not blame or criticize.
2. Be direct, elicit reasons for living, and help the person develop a "suicide prevention emergency kit" written on paper or a 3"x5" card with things the person can do when feeling hopeless (for example, go for a walk, call a friend, play music, etc.).
3. Talk openly and honestly about emotional distress and suicide.
4. Offer support and care. Offer suggestions on how they can reach out for professional help.
5. Share stories of healing and resiliency.



## My Mental Health for USC students

Mental health is a critical part of your overall wellness.

The **My Mental Health** Assessment is offered to all incoming students, from **August 22, 2022 to April 24, 2023**.

Emails are sent on a rolling basis throughout the academic year.

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**LEARN MORE ABOUT THE MY MENTAL HEALTH ASSESSMENT**  
**[HTTPS://SITES.USC.EDU/MYMENTALHEALTH/](https://sites.usc.edu/mymentalhealth/)**

**FOR QUESTIONS, EMAIL OUR ADMINISTRATIVE TEAM AT**  
**[MYMENTALHEALTH@USC.EDU](mailto:MYMENTALHEALTH@USC.EDU)**