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Council Recognizes September 9-15 as National Suicide Prevention & Awareness Week

Delaware County Council joined members of the County's Office of Behavioral Health and members of the Delaware County Suicide Prevention & Awareness Task Force during its Aug. 22 meeting to declare September 9-15 as National Suicide Prevention & Awareness Week.

Sadly, many Delaware County residents have been touched by suicide. In Pennsylvania, on average, one person dies by suicide every four hours. Suicide is the 2nd leading cause of death for 15-34 year olds, and is the 4th leading cause of death for 35-54 year olds. Last year we tragically lost 78 Delaware County residents to suicide, and countless family members and friends were changed forever by losing their loved ones.

"Council recognizes that suicide is preventable and that mental health is just as important as physical health and has declared September 9-15 as National Suicide Prevention & Awareness Week in Delaware County," said Councilman Kevin Madden. "While risk factors and causes are continuously being studied, one thing is clear: prevention, including greater awareness by family members, friends and educators can help prevent suicide."

The County has an extensive System of Care, through the Department of Human Services, Office of Behavioral Health, that helps families and individuals access the services they need to address the mental health of residents. During National Suicide Prevention & Awareness Week those offices will expand their outreach.

Throughout that week, there will be various trainings and education seminars and webinars to educate the public about suicide prevention. From September 10th-14th workshops will be held at the Intermediate Unit for clinicians to train in suicide risk assessment and to help train caregivers how to intervene, prevent harm and reduce the risk of suicide. A list of the seminars and resources are available here: <http://delcosuicideprevention.org/2018/08/23/delco-suicide-awareness-week-2018/>

Residents can also find resources and get help through the county's mobile crisis team, which can respond to an emotional crisis any time, any day. They also offer a telephone hotline for people who need to talk. They can be reached at 1-855-889-7827 Or online: http://www.delcohsa.org/mh_children.html

