KANE COUNTY
MENTAL HEALTH COUNCIL
making a difference ...together

we support mental health.

Message of the Month

October 2015

www.kanecountymentalhealth.org
Twitter: @KCMentalHealth

Kane County Mental Health Council

- The Association for Individual Development *630-966-4000*
- Aunt Martha's Youth Service Center *630-859-6562*
- Delnor Community Hospital *630-208-3000*
- Ecker Center for Mental Health Services *847-695-0484*
- Family Counseling Service of Aurora *630-844-2662*
- Family Service Associates of Greater Elgin Area *847-695-3680*
- Gateway Foundation/Aurora *630-966-7400*
- Greater Elgin Family Care Center *847-608-1344*
- Kane County Health Department *630-208-3801*
- League of Women Voters *630-365-2138*
- INC Board *630-892-5456*
- National Alliance on Mental Illness, DeKalb, Kane-South, Kendall Counties, Inc. *630-896-6264*
- National Alliance on Mental Illness-Kane County *847-931-4715*
- Presence Mercy Medical Center *630-801-2657*
- Presence St. Joseph Hospital *847-931-5521*
- Senior Services Associates *847-741-0404*
- Suicide Prevention Services *630-482-9696*
- TriCity Family Services *630-232-1070*
- VNA Health Care *630-978-9835*

National Depression and Mental Health Screening Month

42,000 people in the United States die from suicide every year, and the numbers are mounting. Many point to the economy with loss of jobs, loss of housing, loss of retirement. Suicide is not a one-dimensional cause. Start the Conversation has been a national project aimed at preventing suicides. Asking someone if they're suicidal does not cause them to take their life. On the contrary, asking them that question and listening to why someone would want to die is life-saving. Offering a person the chance to talk about their pain offers them hope. Look at them. Listen to them. Ask them what is so bad that they want to die. Offer to go with them to see a counselor. It's often hard for a depressed, suicidal person to even know where to go for help. A concerned and caring friend or family member can search for that resource and even make that first call.

Not all therapists are comfortable dealing with suicide. While this seems shocking, it is true. Make sure the therapist has a comfort level with suicide. Interview that person.

After the person has seen the therapist, ask how that appointment went. Were they comfortable with the therapist. Three visits before deciding a therapist does not work is a good benchmark.

Most suicides do not happen on the spur-of-the-moment. Most are very well thought out and well planned. While people are searching for ways to die, they are also desperately searching for reasons to live.

Depression that leads to suicide is like a deep, dark, never ending hole. Don't tell the person what they have to live for. Rather, ask them why they want to die. Ask them if they've tried to take their life in the past. Ask them if they've had a family member or close friend die by suicide. Ask them if alcohol is an issue for them. All of the above puts a person at higher risk.

October is National Depression and Mental Health Screening Month, and an opportunity to call attention to the available programs and initiatives designed to educate and screen for mental illnesses.

Stephanie Weber, Suicide Prevention Services

Info Corner:

For more information on Suicide Prevention Services' year round depression screenings and support groups, please visit: www.spsamerica.org