



“...because no one does it alone.”

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**JUST CARE FAMILY NETWORK OBSERVES  
NATIONAL SUICIDE PREVENTION MONTH**

[**Memphis, TN**] — Just Care Family Network (JCFN) joins Shelby County in observance of **National Suicide Prevention Month in September** to provide individuals, families, professionals, and organizations with resources to implement suicide prevention programs in their communities.

Suicide is a major public health problem. In fact, it is a leading cause of violent death in the United States; accounting for over 38,000 deaths in 2010, according to the [Centers for Disease Control](#).

Use *National Suicide Prevention Week, September 8-14*, to recognize suicide as a preventable public health problem. Light a Candle near a window on Tuesday, *September 10, World Suicide Prevention Day* at 8 PM to show your support for suicide prevention, to remember a lost loved one, and for the survivors of suicide.

Each of us is in a unique position to recognize family, friends, and co-workers who are at risk for suicide and to take action to get them the help they need.

**Recognize some of the common warning signs:**

- Depression, feelings of hopelessness, or suicidal thoughts
- Impulsiveness, extreme anxiety, agitation, irritability, or risky behavior
- Withdrawal from others; giving away treasured belongings
- Loss of interest in activities that were once enjoyed
- Abuse of alcohol, drugs, or other substances

Remember, if you are concerned about a co-worker, friend, or a family member, and you think they may be considering suicide, you can **ACT** to prevent suicide.

**A** – Ask the question – “Are you thinking of killing yourself?”

**C** – Care– Listen with compassion and voice your concern.

**T** – Take action – Seek professional help.

If you, or someone you know, are thinking about suicide, call the National Suicide Prevention Lifeline at **(800) 273-TALK**. For more suicide prevention resources visit SAMHSA at

<http://www.samhsa.gov/prevention/suicide.aspx>

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