

National Suicide Prevention Week - September 9-15

World Suicide Prevention Day - September 10

With a number of high profile persons dying by suicide, the national media is giving coverage to the alarming facts about suicide and addressing suicide prevention. Suicide now takes more lives annually than car accidents. The CDC has reported that deaths by suicide are up 25% since 1999 and the largest increase in suicide is middle age persons between the ages of 45-64 and among white women.

More than 36,000 people in the United States die by suicide every year. It is this country's 10th leading cause of death. Among youth aged 15 to 24, suicide is the third leading cause of death. Our faith communities can be a place to talk openly about suicide, to provide education on recognizing the signs and symptoms and a place to offer care and support for persons touched by suicide.

To help educate our faith communities about suicide, Mental Health Ministries has put together a section with a wide variety of print and media resources on spirituality/faith and suicide. These include a video series on *Suicide Prevention and Response*, a video on *Teen Depression and Suicide*, and a documentary *Fierce Goodbye: Living in the Shadow of Suicide* among other resources. The site also provides a list of printed materials.

www. http://mentalhealthministries.net/resources/suicide_resources.html

If you or someone you know is contemplating suicide, call the National Suicide Prevention Lifeline at **1-800-273-TALK (8255)**.

October Mental Illness Awareness Week

October 7 – 13, 2018

The National Day of Prayer for Mental Illness Recovery and Understanding will be Tuesday, October 8, 2018. The prayers and actions of both faith communities and secular organizations are needed to restore mental wellness in America. In seeking God's guidance, we can recommit ourselves to replacing misinformation, blame, fear and prejudice with truth and love in order to offer hope to all who are touched by mental illness.

Resources for this special day can be found at http://mentalhealthministries.net/resources/worship_resources/ndop/ndop.pdf

September is National Recovery Month

Each September, SAMHSA sponsors *National Recovery Month (Recovery Month)* to increase awareness and understanding of mental and substance use disorders, and celebrate the individuals living in recovery. Now in its 29th year, the 2018 *Recovery Month* observance focuses on urban communities, health care providers, members of the media, and policymakers, highlighting the various entities that support recovery within our society.

The 2018 *Recovery Month* theme, "*Join the Voices for Recovery: Invest in Health, Home, Purpose, and Community*," explores how integrated care, a strong community, sense of purpose, and leadership contributes to effective treatments that sustain the recovery of persons with mental and substance use disorders. The 2018 observance also aims to increase awareness and encourage audiences to take advantage of the increased dialogue around behavioral health needs and the increased emphasis on tackling our nation's opioid crisis.

The observance will work to highlight inspiring stories that help thousands of people from all walks of life find the path to hope, health, and wellness. In addition, the materials support SAMHSA's message that prevention works, treatment is effective, and people can and do recover. For helpful information and resources visit recoverymonth.gov

If you or someone in your congregation are interested in learning more about ministry with people in recovery, please contact Brent Salsgiver (bsalsgiver@susumc.org) or Bruce Gowe (bgowe@susumc.org). Creating a network of churches and individuals around our Annual Conference who are committed to providing training about addiction and recovery and being in ministry with those in recovery will work best if we have the opportunity to talk together.