

From the Desk of Detective Dave

Suicide Awareness

May 2016



Many of us have either heard or read about the warning signs of someone with suicidal ideations. These indicators may be things, like loss of interest, someone expressing they're being a burden to others, or isolating themselves from family and friends. Someone with suicide ideations may also begin to act recklessly or express of feeling of being trapped. Some may even begin researching online for ways to take their own life.

Over the last several years I've had the unfortunate task of investigating many deaths in our community caused by suicide. In most of these cases at least one indicator was present but not necessarily obvious making detection difficult for family and friends. In other cases, impulsive behavior, intoxication, anger, and revenge, played a major role with no apparent indicators. However, these people were affected by risk factors.

Risk factors, such as mental & physical health conditions, prolonged stress due to divorce, bullying, etc., or a family history of suicide, increases the chances a person may attempt to take their own life. I've mentioned only a few indicators and risk factors in this article but there are many to consider. There is an abundance of suicide prevention information available and we're also fortunate to have a crisis services center located in our community. For 24/7/365 mental health and addition crisis services call 844-493-TALK or 911 for emergency situations.

May is Mental Health Month and North Range Behavioral Health is hosting two sessions of Mental Health First Aid at the Carbon Valley Recreation Center: May 2nd will focus on adult mental health first aid and May 9th will focus on youth mental health first aid. At these classes, you'll learn to spot risk factors and warning signs of mental health problems, know the signs of mental health and substance use disorder emergencies and how to respond to someone in a crisis. Register online at www.MHFACO.org/find-class. Any questions about these classes should be directed to 970.313.1150.

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