



Break the Silence

The Fairfield County Suicide Prevention Coalition E-Newsletter

July 2022 • Issue 2

SAVE THE DATE:

Coalition Meetings:

Coalition Meeting

7/28/2022

2 p.m. - 3 p.m.
(Virtual)

Coalition Meeting

9/22/2022

2 p.m. - 3 p.m.
(Virtual)

Look for us at the
2-1-1 table at these
events:

Sober Fest

Hosted by Integrated
Services

7/13/2022

3 p.m. - 8 p.m.

ArtWalk

Hosted by Destination
Downtown

7/22/2022

6 p.m. - 9 p.m.

Older Adults + Suicide

By: Joe Rogers (Meals on Wheels of Fairfield County)

As a care coordinator with Meals on Wheels, I have experience assisting older adults with remaining independent in their homes, which has been fulfilling and eye-opening. Starting as a young paperboy in Lancaster, I realized that the neighbors who would invite me in for sweet treats and to talk were often older and lived alone. I found it does not matter your social status, bank account, or health. Anyone can be affected by isolation.

Isolation is the leading cause of suicide in older adults according to the National Council on Aging. Grief over losing loved ones, thinking about their own mortalities, and becoming more dependent on others can also contribute to anxiety and depression. At times seniors can be overlooked or not thought to be at high-risk for suicide. *(continued on page 2)*



Students Supporting Students: Amanda-Clearcreek HOPE Squad

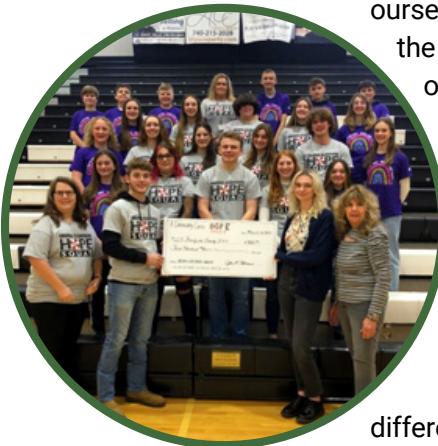
By: Student Members of HOPE Squad (Amanda-Clearcreek Schools)

HOPE Squad is a peer-to-peer suicide prevention program. To us, it is a family and a way to communicate with one another and our fellow classmates. The program provides students a safe, confidential outlet within the building. It is our mission to bring awareness to mental health and break the stigma. Our members are nominated by students because they exemplify reliability, compassion, empathy, and concern for their fellow classmates.

HOPE stands for Hold on. Persuade. Empower. With QPR (Question, Persuade, Refer) training we have learned not only to empower others but also to build upon

ourselves. Our strong connection helps us understand the importance of being there for each other. Our

organization has participated in many morale building events for both students and staff. We have also put together a HOPE room, where students who need to talk are able to meet with members in a comfortable, confidential, and quiet environment. Confidentiality is very important and taken seriously. One of the most valuable lessons we can learn from HOPE Squad is that it's okay to not be okay. No matter the difference of the journey, every story deserves to be shared. It is our job to listen and learn.





Older Adults + Suicide (con't.)

U.S. adults 65 years and older make up only 12% of the population but account for 18% of completed suicides. One in 4 older adults who attempt will complete suicide compared to 1 in 200 youths. Older adults may not be able to recover as well from an attempt. They may also believe they are truly hopeless and therefore plan more carefully and use more lethal means.

The fact is no one is truly hopeless. It is our job as a community to help those who are at-risk. Some warning signs to look for are losing interest in activities that they used to enjoy, giving away items, changing their wills, avoiding social activities, and neglecting hygiene and self-care. Some actions that you can take to prevent suicide are to directly ask if they're thinking about suicide, listen to the person, and acknowledge their pain. Help them connect with local resources and follow up with them. Sometimes all it takes is letting them know that you are there for them and stopping in every so often to chat over a cup of coffee. Older adults are important to our community. The more we realize their worth and show appreciation and understanding, the better off their mental health will be.



Mental Health Crisis Resources

Free, 24/7 for people in crisis

CRISIS TEXT LINE |

Call
740.687.8255 (TALK)

Text
4HOPE to 741741



YOU MATTER. WE CARE.

Our mission is to work as a community to increase awareness of the risks of depression and suicide and enhance the ability to seek help by linking people to resources.

www.fairfieldadamh.org/Suicide-Prevention-Coalition.html

PARTICIPATING ORGANIZATIONS:

Big Brothers Big Sisters of
Fairfield County

Fairfield County 2-1-1
(Information & Referral)

Fairfield County ADAMH Board

Fairfield County Coroner's
Office

Fairfield County District Library

Fairfield County Job and Family
Services

Fairfield County Sheriff's Office

FAIRHOPE Hospice

Lancaster City School District

Lancaster-Fairfield Community
Action Agency

Mental Health America of Ohio

New Horizons Mental Health
Services

OhioGuidestone

Ohio University-Lancaster

Pickerington Local School
District

The Recovery Center

United Way of Fairfield County

Community Members



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