

NEWS RELEASE

For Immediate Release:
September 1, 2016

For More Information, Contact:
Alison Traynor
Division of Injury Prevention and Control
Phone: 701.328.4580
E-mail: atraynor@nd.gov

Governor Dalrymple's Proclaims September Suicide Prevention Month

BISMARCK, N.D. – Governor Jack Dalrymple proclaimed the month of September Suicide Prevention Month in North Dakota. The North Dakota Department of Health (NDDoH) encourages residents to take advantage of the many awareness events and speakers scheduled across North Dakota throughout September.

According to the North Dakota Department of Health, North Dakota lost 137 residents to suicide in 2015. For each life lost to suicide, 25 people attempt suicide.

“Suicide is the second leading cause of death for young people, ages 10 to 24 and the ninth leading cause of death for all age groups combined in North Dakota, so suicide prevention is a top priority for the NDDoH,” says Alison Traynor, Suicide Prevention Director with NDDoH. “Studies have shown that suicide is commonly preceded by one or more warning sign(s). North Dakota residents can help prevent suicide by recognizing the signs and taking action.”

Warning signs include:

- History of depression or mental health challenges.
- Past attempts, talking about death, or wanting to die.
- Alcohol or drug abuse.
- Family history of suicide or violence.
- Physical illness or chronic pain.
- Loneliness or feelings of being a burden to others.

Take action if you see the following:

- Any significant changes in behavior, reckless or withdrawn behavior.
- Changes in mood or substance use.
- Comments about suicide, self-harm or ambivalence about life.

-continued-

Tips for what to avoid:

- Don't debate whether suicide is right or wrong, or whether feelings are good or bad.
- Don't lecture.
- Don't dare him or her to do it.
- Don't appear shocked or upset as this could prevent further disclosure.
- Don't offer glib reassurance.
- Don't promise to keep any secrets about suicide. Seek help.

Effective Suicide Prevention Includes:

- Communicate and ask direct questions.
- Talk openly and matter-of-factly about suicide.
- Listen attentively without judgment. Allow them to express their feelings.
- Offer hope that help and services are available.
- Take action. Remove lethal means, such as guns, or stockpiled pills.
- Get involved. Become available. Show interest and support.
- Get help from someone specializing in crisis intervention and suicide prevention. Help is available by calling **1.800.273.TALK (8255)**, a free and confidential 24/7 suicide prevention lifeline.

For information about suicide prevention, local suicide prevention programs, or to join the Suicide Prevention Coalition, contact Alison Traynor, NDDoH, at 701.328.4580.

Support local families that have lost loved ones to suicide and raise funds for awareness by joining the Out for the Darkness Walk put on by the North Dakota Chapter of the American Foundation for Suicide Prevention. The walk raises funds for scientific research, education, treatment programs, as well as programs to support those who have lost loved ones to suicide. "The American Foundation for Suicide Prevention is dedicated to saving lives and bringing hope to those affected by suicide." shares Mary Weiler, Board Chair AFSP ND Chapter. "The ND Chapter's goal is to reduce the number of suicide deaths in ND by 20% by 2025.

Join the American Foundation for Suicide Prevention this year in six "Out of the Darkness" Community Walks scheduled throughout ND to raise funds for suicide prevention and awareness.

The events will be held in: **Minot, Roosevelt Park – Saturday, Sept. 10; Bismarck/Mandan, Capitol NW parking lot – Friday, Sept. 16; Fargo/ Moorhead, Lindenwood Park– Sunday, Sept. 18; Beulah, Riverside Park – Tuesday, Nov. 1; Valley City, Lokken Stadium – Tuesday, Nov. 8.**

For more information about locations and starting times, contact Mary Weiler at afspnd@gmail.com or www.afsp.org.

Please note: Proclamation follows.

600 E. Boulevard Ave. Dept. 301, Bismarck, North Dakota 58505-0200
Phone: 701.328.2372 Fax: 701.328.4727 E-mail: health@nd.gov

Visit the health department home page at www.ndhealth.gov.



— State of —
North Dakota
Office of the Governor

Jack Dalrymple
Governor

PROCLAMATION
SUICIDE PREVENTION MONTH
SEPTEMBER 2016

WHEREAS, suicide is the 10th leading cause of death in the United States and the second leading cause of death among people ages 10 to 24; and

WHEREAS, in the United States, one person dies by suicide every 13 minutes; and

WHEREAS, suicide is the second leading cause of death in North Dakota for ages 15 to 24 and the second leading cause of death for ages 25 to 34 nationwide; and

WHEREAS, agencies and individuals across North Dakota are working to prevent suicide; and

WHEREAS, North Dakotans are encouraged to learn the warning signs of suicide and to get appropriate help for themselves and their family members who are at risk.

NOW, THEREFORE, as Governor of the State of North Dakota, I do hereby proclaim September 2016, **SUICIDE PREVENTION MONTH** in the state of North Dakota.


Jack Dalrymple
Governor

ATTEST:


Alvin A. Jaeger
Secretary of State