



the FLAME®

Healthcare News and Tips

**September 12,
2024**

As we observe Suicide Prevention Month, I am reminded of how essential it is to prioritize mental health and offer support to those who may be struggling.

Many years ago, a colleague died by suicide and her death still saddens me as well as another colleague who worked with her. What had we missed? Could we have stopped her from taking her own life?

Suicide impacts countless lives, yet many still face stigma and fear when seeking help. Together, we can break that silence by fostering open conversations, educating ourselves on the warning signs, and [offering compassion to those in need.](#)



Understanding the Crisis

Suicide is a serious public health issue affecting millions worldwide. In the United States alone, it is one of the leading causes of death, [with over 47,000 lives lost each year.](#) Each statistic represents a person with a unique story, and every number underscores the urgent need for effective prevention strategies and compassionate support.

The Importance of Awareness

Raising awareness about suicide is crucial in combating the stigma often associated with mental health struggles. By openly discussing these issues, we not only validate the experiences of those who are

Every one of us has the power to make a difference, whether through listening, sharing resources, or simply showing kindness.

This month's issue of *The Flame*, recognizes September as Suicide Prevention Month.

**Be Kind.
Please.**

Betty

Betty Long, RN,
MHA
President/CEO



**Congratulations,
Monica Nash!**

Monica Nash, BSN, RN, was selected as a [finalist in the Community Nursing category for a Nightingale](#)

suffering but also encourage individuals to seek help without fear of judgment. Awareness campaigns, educational programs, and community events play a vital role in disseminating information about mental health resources and support systems.

Spotting the Signs

Understanding the warning signs of suicidal ideation can be a lifesaving skill. Common indicators include:

- Persistent feelings of sadness or hopelessness
- Withdrawal from friends, family, and activities
- Significant changes in mood or behavior
- Expressions of wanting to die or self-harm
- Giving away possessions or making final arrangements

Recognizing these signs and approaching the person with empathy and support can make a profound difference. It is essential to create an environment where individuals feel safe discussing their feelings and seeking help.

Supporting Mental Health

Suicide prevention is not solely about crisis intervention but also involves ongoing mental health support. Building resilience and providing access to mental health resources are critical components of a comprehensive prevention strategy. Encourage conversations about mental well-being, promote self-care practices, and ensure that support systems are in place for those who need them.

Resources and Help

If you or someone you know is struggling, there are numerous resources available to provide immediate and long-term support:

- National Suicide Prevention Lifeline: 988 (24/7 crisis support)
- Crisis Text Line: Text "HELLO" to 741741 (confidential support)
- SAMHSA's National Helpline: 1-800-662-HELP (substance abuse and mental health services)

Additionally, local mental health organizations, community centers, and healthcare providers can offer valuable resources and support.

Getting Involved

You can make a difference by participating in or organizing awareness events, fundraisers, and educational workshops. Volunteering for mental health

Award! Nurse Nash, as we affectionately call her, began her nursing career as an LPN, continued her education to get her RN and then her Bachelor's degree in nursing.

Monica was nominated for her exemplary work with our patients and her Churchillian spirit on insurance appeals to 'never give up!'

While Monica has been a nurse for 40 years, it was just 2021 that she joined the Guardian Nurses' team. What an extraordinary difference she has made to our patients and to our team. We are so very proud of her!

organizations or advocating for mental health policies can also contribute to the broader effort of suicide prevention. Small actions can have a significant impact, and your involvement helps foster a supportive and informed community.

Suicide Prevention Month is a call to action for all of us. By educating ourselves, supporting those in need, and actively participating in awareness efforts, we can work together to create a world where mental health is prioritized and everyone has access to the help they need.

Remember, every conversation, every effort, and every act of kindness can be a beacon of hope for someone in distress.

Lighting your way
through the
healthcare maze.®

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