Suicide Prevention Week for 2009 is set for Sept. 6-12. Colorado ranks sixth in the nation in its rate of suicide deaths. Suicide is the 11th leading cause of death in the United States with one suicide occurring on average every 16 minutes.

Suicide is the third leading cause of death among 15-24-year-olds. Unfortunately, it is the second leading cause of death for this age group in Colorado.

The elderly make up 12.4 percent of the population, but comprise 16 percent of all suicides.

Approximately 811,000 Americans attempt suicide each year. It is estimated five million living Americans have attempted to kill themselves. Every year in the United States, more than 17,000 men and women kill themselves with a gun; two-thirds more than the number who use a gun to kill another person. An estimated 5 million Americans are survivors of the suicide of a friend, family member, or loved one.

The LifeSource Project of Rural Solutions is available to discuss these and other facts surrounding suicide. Maranda Miller, program coordinator for The LifeSource Project is trained to provide suicide prevention trainings to all community members. These trainings are about an hour long and provide lifesaving information. To contact Miller, call 970-526-3616.

Centennial Mental Health Center (CMHC) is available to provide mental health support to those contemplating suicide who may be experiencing a mental health issue such as depression. CMHC has locations throughout Northeast Colorado. For more information about local mental health services, call your local Centennial Mental Health Center.

If you or someone you know is in crisis now, seek help immediately. Call 1-800-273-TALK (8255) to reach a 24-hour crisis center or dial 911 for immediate assistance.

This information is provided by The LifeSource Project of Rural Solutions an initiative of The Colorado Trust Preventing Suicide in Colorado Initiative and the Colorado Department of Public

## Sept. 6-12 is national suicide prevention week

Written by Holyoke Enterprise

Health and Environment Office of Suicide Prevention.