

# Center Update

June 2018

The Counseling Center of Wayne and Holmes County • 2285 Benden • Wooster, OH 44691

## ***SUICIDE: A GROWING NATIONAL PROBLEM***

While the recent celebrity deaths by suicide have focused attention on a growing problem, the Center for Disease Control (CDC) released a study indicating that the United States suicide rate increased 25.4% from 1999 to 2016. From 2014 to 2016, nationally the rate of suicide was 15.4 per 100,000 people. In Ohio, which had the 19<sup>th</sup> highest increase among the states, it was even higher—15.8 deaths per 100,000 people. That averages nearly five per day or about one every five hours. The number of lives lost to suicide was more than twice the number lost to homicide in 2016. Among those ages 14 to 35, suicide is the second-leading cause of death. The CDC reported that 54% of people who died by suicide did not have a diagnosed mental health condition. This suggests a need for improved mental health screening and elimination of the stigma associated with mental illness.

Factors contributing to suicide deaths include relationship problems, job loss, physical health problems, homelessness, financial and legal difficulties, and substance use.

Suicide is a public health problem and we can all help with suicide prevention efforts by becoming educated, making access to care easier, and advocating for public policies and funding that support those at risk of suicide.

Locally, the Mental Health & Recovery Board supports many efforts aimed at suicide prevention. More on that in a future Center Update.

Help is available and can be assessed through:

- The Counseling Center 24 hour Crisis Line
- Crisis text line
- National Suicide Prevention Lifeline

**330-264-9029 or 1-877-264-9029**

Text **4hope** to **741741**

**1-800-273-8255 (TALK)**

## ***COUNSELING CENTER TEAM WALKS FOR WELLNESS***



A team of Counseling Center staff and family members recently participated in the annual Walk for Wellness sponsored by NAMI of Wayne & Holmes Counties. The walk was held at Secret Arboretum on Saturday, May 19 and raised money to support the MOCA House Recovery Program. The program provides supportive services to individuals with mental illness, educational programs for family members, and education for law enforcement on assisting those with mental illness through the Crisis Intervention Team Training Program.

Phone: 330-264-9029 • Fax: 330-263-7251

Check out our website at: [www.ccwhc.org](http://www.ccwhc.org)

*The Counseling Center is supported by the Mental Health & Recovery Board, United Way, insurance, grants and patient fees*