

Wellness Moment

Suicide Prevention Awareness

September is Suicide Prevention Awareness Month and a time to promote hope, resiliency, and resources to the communities with whom we are connected and serve. High rates of suicide have had a devastating impact on our Tribal communities and affect American Indians and Alaska Natives at a rate that is four times higher than the national average. Indigenous youth between the ages of 15-24 have a high risk of suicide or suicide ideation. However, suicide is preventable when we are able to identify warning signs, actively offer help, and provide strength-based and culturally informed resources. Our Native cultures and traditions are strong protective factors that offer strength and promote healing for families and communities who may be affected by suicide.

Possible Warning Signs for Suicide:

- Withdrawal from friends, family, and community
- Organizing personal documents or paying off debts
- Saying goodbye to friends and family
- New or increased substance misuse
- Expressing thoughts of harming oneself or others
- Reckless behavior and impulsivity
- Giving away personal possessions



Resources

Indian Health Service, *Suicide Prevention and Care Program*, Retrieved August 23, 2021 from U.S. Department of Health and Human Services Web site: <https://www.ihs.gov/suicideprevention/> [Suicide Prevention | Indian Health Service \(IHS\)](#)

Suicide prevention takes place in many settings, American Indian/Alaska Native Settings, Retrieved August 23, 2021 from Suicide Prevention Resource Center (SPRC) Web site: <http://www.sprc.org>

SAMHSA, *Suicide Prevention in Indian Country*, Retrieved August 25, 2021 from Substance Abuse and Mental Health Service Administration Web site: <https://store.samhsa.gov/sites/default/files/d7/priv/sam16-4995.pdf>. [Suicide Prevention in Indian Country \(samhsa.gov\)](#)

National Suicide Prevention Lifeline, *Native Americans*, Retrieved September 09, 2021 from National Suicide Prevention Lifeline Web site: <https://suicidepreventionlifeline.org/help-yourself/native-americans/>. [Native Americans : Lifeline \(suicidepreventionlifeline.org\)](#)

National Alliance on Mental Illness, *Risk of Suicide*, Retrieved September 16, 2021 from National Alliance on Mental Illness website: <https://www.nami.org/About-Mental-Illness/Common-with-Mental-Illness/Risk-of-Suicide>. [Risk of Suicide | NAMI](#)

Contact us at biebhwp@tribaltechllc.com or visit our website at www.biebhwp.com