



NATIONAL SUICIDE PREVENTION WEEK

September 2015

National Suicide Prevention Week (NSPW) is an annual week-long campaign in the United States. The dates for this year's NSPW are September 7- 13, 2015, and this year's theme is *"Preventing Suicide: Reaching Out and Saving Lives."* The goals of NSPW include educating the public about depression and mental illness, reducing stigma, and raising awareness that suicide is a major preventable cause of premature death on a global level.

Learn the Warning Signs and how to help.

Suicide Warning Signs	
Talking about suicide	Any talk about suicide, dying, or self-harm, such as "I wish I hadn't been born," "If I see you again...", and "I'd be better off dead."
Seeking out lethal means	Seeking access to guns, pills, knives, or other objects that could be used in a suicide attempt.
Preoccupation with death	Unusual focus on death, dying, or violence. Writing poems or stories about death.
No hope for the future	Feelings of helplessness, hopelessness, and being trapped ("There's no way out"). Belief that things will never get better or change.
Self-loathing, self-hatred	Feelings of worthlessness, guilt, shame, and self-hatred. Feeling like a burden ("Everyone would be better off without me").
Getting affairs in order	Making out a will. Giving away prized possessions. Making arrangements for family members.
Saying goodbye	Unusual or unexpected visits or calls to family and friends. Saying goodbye to people as if they won't be seen again.
Withdrawing from others	Withdrawing from friends and family. Increasing social isolation. Desire to be left alone.
Self-destructive behavior	Increased alcohol or drug use, reckless driving, unsafe sex. Taking unnecessary risks as if they have a "death wish."
Sudden sense of calm	A sudden sense of calm and happiness after being extremely depressed can mean that the person has made a decision to commit suicide.



If someone you know:

- threatens suicide
- talks about wanting to die
- shows changes in behaviour, appearance, mood
- abuses drugs, alcohol
- deliberately injures themselves
- appears depressed, sad withdrawn...

You can help:

- stay calm, & listen
- let them talk about their feelings
- be accepting; do not judge
- ask if they have suicidal thoughts
- take threats seriously
- don't swear secrecy — Tell someone

Get help: You can't do it alone

- Contact your:
- Family, Friend, Relative
 - Clergy, Teacher, Counsellor
 - Family Doctor
 - Crisis Line
 - Mental Health Services
 - Hospital Emergency

Show your support and participate in one of the many SF Bay Area *"Out of the Darkness"* walks this Fall to prevent suicide, raise awareness, and end the stigma that surrounds depression and other mental disorders. See [this link for a list of 2015 Out of the Darkness walks in your area](#)

For more information on Suicide Prevention please see:

- [Help Guide: Suicide Prevention](#)
- [American Foundation for Suicide Prevention](#)
- [National Suicide Prevention Lifeline](#)



NATIONAL REHABILITATION AWARENESS WEEK

National Rehabilitation Awareness Week 2015 is celebrated September 20-26

Since 1976, National Rehabilitation Awareness Week has been celebrated annually across the United States. This observance, falling on the third week of every September, promotes the value of rehabilitation, highlights the capabilities of people with disabilities, salutes the professionals who provide services to this community, and renews our commitment to meet the needs of people with disabilities.

What is Rehabilitation?

- Rehabilitation is a medical specialty which helps restore people affected by potentially disabling disease or traumatic injury to good health and functional, productive lives.
- Rehabilitation is individualized so every patient can progress at his or her own ability level.
- Rehabilitation can lengthen life, improve the quality of life and reduce subsequent illness.
- According to the U.S. Bureau of Labor Statistics, employment of physical therapists is expected to increase 39% between 2010 and 2020.



Who works in Rehabilitation?

Rehabilitation often centers on an interdisciplinary team approach to care by physiatrists (physicians specializing in rehabilitation); physical, occupational, and respiratory therapists; speech and language pathologists, rehabilitation nurses, psychologists, vocational counselors, and other professionals who work with patients to restore the greatest level of function or independence. Here at SMU OT and PT are two programs that work directly with rehabilitation. If you know someone in those programs, please show them your support and appreciation!