



VOLUME VI ISSUE I

SEPTEMBER 2018

September is National Suicide Prevention Month

Over the last 20 years, the suicide rate in the United States has increased by 25%. For every one suicide, 25 have attempted. In Michigan, one suicide is committed every seven hours, on average.

The statistics are sobering, but are you aware of the signs of suicide to watch out for in your loved ones or what to do if you are faced with a crisis situation?

There is no single cause or reason for suicide. It most often occurs when the stressors in someone's life exceed their ability to cope with that stress. Someone that is suffering from a mental health condition, serious physical health condition, brain injuries, or stressful life events might have an increased risk of suicidal thoughts.

Most commonly, depression is associated with suicide and often goes undiagnosed and untreated. Suicide risk increases when conditions such as depression go unaddressed.

A few warning signs to look out for in friends and family, especially those who live with a mental health condition:

- Talking about killing themselves or harming themselves.
- Expressing feelings of hopelessness.
- Stating that they are a burden to others.
- Increased drug or alcohol use.
- Isolating themselves from family or friends.
- Sleeping more or less than normal.



NMU
WELLNESS COMMITTEE

INSIDE THIS ISSUE:

Suicide Prevention:

- Statistics
- Signs
- Emergency Contacts

The purpose of the "Wildcat Wellness Connection" newsletter is to keep you informed about wellness related issues. Please note that information in this publication, along with other similar materials, is meant to complement the advice of your medical professional, not replace it. Before making any major changes in your medications, diet or exercise, please consult your medical professional.

Questions and Comments
Please feel free to contact the Employee Wellness GA
Emily Ballard
wellness@nmu.edu

There are many resources available on NMU's campus that can help you or a loved one. Whether the struggle is depression, health issues, or a crisis situation, check out this list places that can help, right on campus:

UP Health Systems Marquette Emergency Room

(906) 225-3560, 580 W. College
Ave, Marquette, MI

Pathways

24 Hour Crisis Line: 1 (888) 728-
4929

NMU Health Promotions Office

hpo@nmu.edu 906-227-1455

Public Safety and Police Services

For emergencies on or off campus, dial 911

Non-Emergency: 906-227-2151

There is always someone available to take
your call.

Counseling & Consultation •906-227- 2980•3405 C.B. Hedgcock

Emergency sessions are available daily for
crisis situations.

Community Mental Health 24-Hour Crisis Line, 888-728-4929
National Suicide Prevention Lifeline, 800-273-TALK (8255)
National Drug and Alcohol Treatment, 800-622-HELP (4357)
Rape, Abuse and Incest National Network, 800-656-HOPE (4673)

Do you need some tips to start a conversation with a loved one about their wellbeing?
Check out this site: <https://seizetheawkward.org/>

Don't Miss It!

- Here's a great way to get involved and create awareness of suicide prevention: **Train the Trainer "I Can Help" Gatekeeper Workshop** September 28, 8:00-4:30 Mead Auditorium. Learn how to train others to respond to students in distress and help suicide prevention efforts. RSVP to Dody Huuki in the counseling office at dohuuki@nmu.edu.
- **Employee Benefits Fair:** October 2, 10:00am-2:00pm, Great Lakes Rooms, University Center
- **CPR Certification Class:** September 23, PEIF, register here: <https://www.nmu.edu/recsports/adult-child-and-infant-cpr-and-first-aid>
- **Blood Drive:** September 25, The Lodge, 11:00am-4:00pm. Free Pizza!! For an appointment email Zach at zabarber@nmu.edu or Morgan at mpifer@nmu.edu



NMU
WELLNESS COMMITTEE

INSIDE THIS ISSUE:

Suicide Prevention:

- Statistics
- Signs
- Emergency Contacts

**NORTHERN MICHIGAN
UNIVERSITY**

WELLNESS COMMITTEE

1401 Presque Isle Avenue

Marquette, MI 49855

Email: wellness@nmu.edu

Resources:

TWLOHA (2018). Retrieved
September 19, 2018.

AFSP (2018). Retrieved
September 19, 2018.

NMU (2018). Retrieved
September 20, 2018.