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Suicide Remembrance and Prevention Walk Set for September 19th

SEPTEMBER 11TH 2019 BY DEE LOFLIN

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Sikeston, Missouri - Suicide Remembrance and Prevent Walk will be held on Thursday, September 19, 2019 at 5:15 p.m. at the Sports Complex Pavilion #6 and #7 located at 133 Lakeside Drive in Sikeston.

"This is not a fundraiser," commented Jennifer Hartlein, Director of Fund Development and Public Relations at Bootheel Counseling Services. "It is a time set aside and to remember those who we have lost and to help prevent future suicides in our community."

"We hope by creating awareness and educating others on warning signs we can help stop suicides in our community," continued Hartlein.

In recognition of September as Suicide Prevention and Awareness Month, please join in an evening of honoring and supporting those who were lost to suicide, those who have lost a loved one to suicide, and those battle depression, anxiety, and suicidal ideation.

YOU CAN HELP PREVENT SUICIDE!

.....by knowing the warning signs.

These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss, or change.

- +Talking about wanting to die or to kill oneself
- +Looking for a way to kill oneself, such as searching on-line for materials or means
- +Talking about feelings hopeless or having no reason to live
- +Talking about feeling trapped or in unbearable pain
- +Talking about being a burden to others
- +Increasing the use of alcohol, drugs or misusing medications
- +Acting anxious or agitated; behaving recklessly
- +Sleeping too little or too much
- +Withdrawing, loss of interest or feeling isolated
- +Showing rage or talking about seeking revenge
- +Displaying extreme mood swings

If you are in need of a Mental Health Crisis and Referral Line please call 1-800-356-5395.

This event is hosted by Bootheel Counseling Services and Family Medical Clinic located in Sikeston, Bloomfield and Charleston

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