

## Features



# Suicide Remembrance and Prevention Walk Set for September 19th

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Suicide Remembrance and Prevention Walk Set for September 19th  
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 mena 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 even, 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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