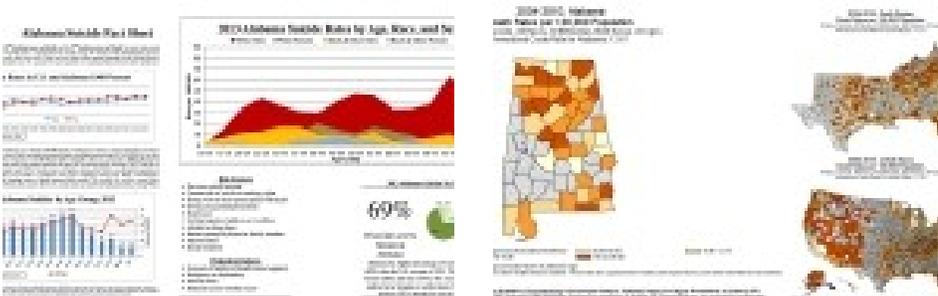


BY ABC 33/40
WEDNESDAY, SEPTEMBER 7TH 2016

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Alabama has shown a pattern of higher rates than the U.S. national average since 1990, including the most recently available national rate of 13.0 (2013). (ADPH)



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One person dies by suicide every 13 minutes, and every day over 100 Americans take their own lives. During 2014, there were 42,773 deaths by suicide in the U.S. Suicide is the second leading cause of death for 15- through 24-year-olds, and is the 10th leading cause of death for people of all ages.

Alabama has shown a pattern of higher rates of suicide than the U.S. national average since 1990, and in 2013, 719 Alabamians died by suicide. Suicide is the sixth leading cause of death among white males in Alabama and suicide rates are particularly high among white males ages 85 and older. Each person's death by suicide intimately affects at least six other people, with over 200,000 newly bereaved each year.

PDF: Alabama Suicide Fact Sheet (<https://www.scribd.com/document/323302669/Alabama-Suicide-Fact-Sheet-ADPH>)

In recognition that suicide is a significant public health problem in Alabama and suicide prevention is a statewide priority, Gov. Robert Bentley has proclaimed the week of September 5 through 11 as Suicide Prevention Week. The national theme for the week is "Connect. Communicate. Care."

Risk factors for suicide remain essentially the same regardless of where a person lives. A few examples of major risk factors for suicidal behaviors include the following:

- A history of depression, bipolar disorder, or other mental illness diagnoses
- A serious personal loss or number of losses and defeats taken personally
- Low self-esteem and self-loathing
- Social isolation
- Believing there is no hope for feeling better
- Chronic alcohol or other drug use
- Easy access to the means for dying, such as firearms, lethal drugs and poisons

Usually suicide is the result of a combination of these factors. Factors that help protect against suicide and suicidal behaviors include high self-esteem, social connectedness, problem-solving skills, supportive family and friends.

To address suicide prevention among community responders, the Alabama Suicide Prevention and Resource Coalition (ASPARC) and partners in the Alabama Department of Public Health Center for Emergency Preparedness and Social Work Division hosted a conference and training.

Help is available for people contemplating suicide. The person should talk to someone such as a community mental health agency, a school counselor or psychologist, a suicide prevention/crisis intervention center, a private therapist, a family physician, a religious/spiritual leader, or call 1-800-273-8255 (TALK).

For more information, contact ASPARC at (205) 226-2400 or ASPARC.org. Resource information is available at <http://www.adph.org/injuryprevention/Default.asp?id=1024>. (<http://www.adph.org/injuryprevention/Default.asp?id=1024>)



Alabama Crisis Numbers

Crisis Center Birmingham

Main Line: (205) 323-7777

Teen Line: (205) 328-LINK (205-328-5465)

Kids' Help Line: (205) 328-KIDS (205-328-5437)

Senior Talk Line: (205) 328-TALK (205-328-8255)

Visit Website (<http://crisiscenterbham.org/>)

Crisis Services of North Alabama

(256) 716-1000 or 1-800-691-8426

Visit Website (<http://www.csna.org/>)

Family Counseling Center of Mobile, Inc.

(251) 431-5111 or 1-800-239-1117

Visit Website (http://www.lifelinesmobile.org/services_helpline.php)

National Crisis Resources

Suicide Prevention Lifeline

1-800-273-TALK (1-800-273-8255)

24-hour nationwide

Visit Website (<http://www.suicidepreventionlifeline.org/>)

Covenant House Nineline

1-800-RUNAWAY (1-800-786-2929)

24-hour nationwide

Visit Website (<http://www.covenanthouse.org/nineline/index.html>)

Girls & Boys Town National Hotline



Phone, Chat, Text, and Email

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1-800-448-3000

1-800-448-1833-TTY

24-hour nationwide

Visit Website (<http://www.yourlifeyourvoice.org/pages/Home.aspx>)

National Graduate Student Crisis Line

1-877-GRAD-HLP (1-877-4723-475)

National Youth Crisis Hotline

1-800-442-HOPE (1-800-442-4673)

24-hour nationwide

Poison Control Center

For Emergencies: 1-800-222-1222

For Non-emergencies: 1-800-462-0800

Visit Website (<http://www.aapcc.org/>)

Samariteens

1-800-252-TEENS (1-800-252-8336)

3 p.m.-9 p.m.

The Trevor Lifeline

1-866-488-7386

The Trevor Lifeline is a service of The Trevor Project, a non-profit endeavor devoted to promoting tolerance and understanding for LGBTQ youth.

24-hour nationwide

Visit Website (<http://www.thetrevorproject.org/lifelinechat>)

TrevorText

Available on Fridays (4 p.m. - 7 p.m. CT).



Text the word "Trevor" to 1-202-304-1200. Standard text messaging rates apply.

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TrevorChat



Available 7 days per week (2 p.m. - 8 p.m. CT)

Youth America Hotline (YAH!)

1-877-YOUTHLINE (1-877-968-8454)

Youth Crisis Hotline

1-800-HIT-HOME (1-800-448-4663)

24-hour nationwide

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[back- Colonial Pipeline investigating gasoline leak in Shelby County \(/news/local/colonial-pipeline-investigating-gas-leak-in-shelby-county\)](#)

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gas- Justin Ross Harris trial: 2nd try at jury selection to start in Georgia hot car death (/news/local/2nd-try-at-jury-selection-to-start-in-georgia-hot-car-death)



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UPDATED Vehicle dangling out of Downtown Austin parking garage lowered to ground  

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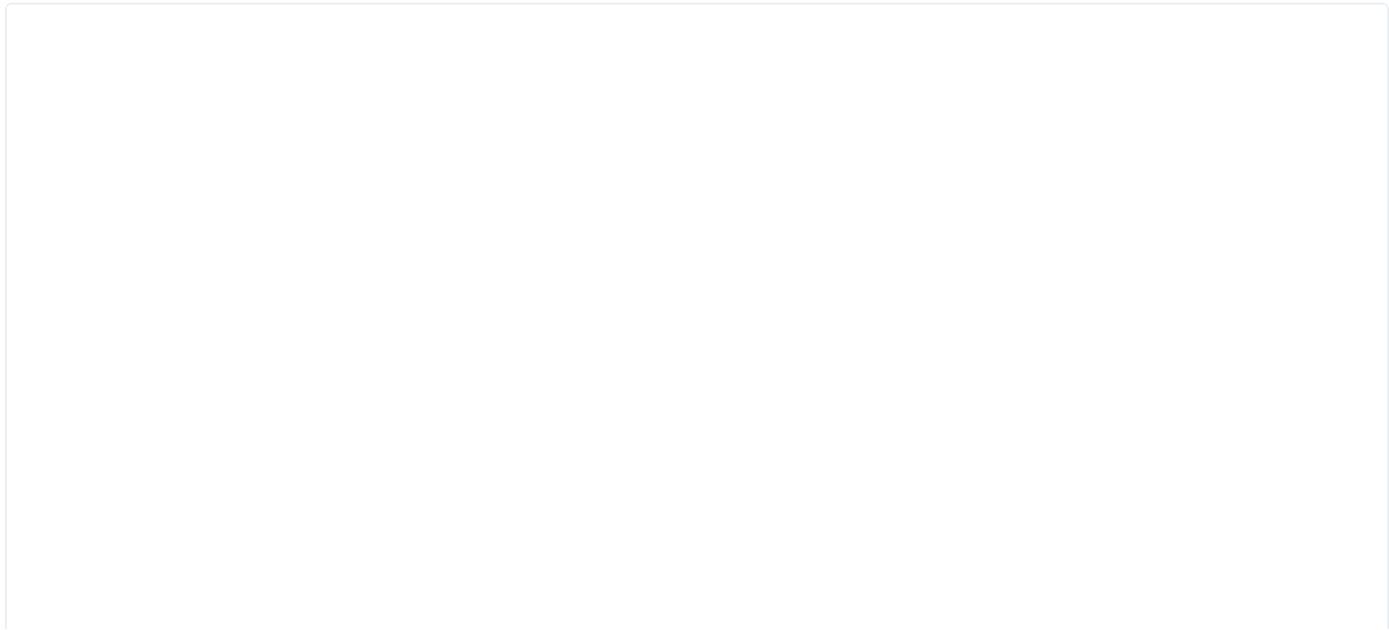
ews/offbeat/vehicle-dangling-out-of-downtown-austin-parking-garage)

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