



Suicide Is Preventable

"You Can Save a Life-Help Them Stay"

Did you know?

- That suicide is the 10th leading cause of death, second leading cause of death for 10-34-year old, and third leading cause of death for children
- Our County or "St. Clair County" has had as many as 37 persons die by suicide a year or 265 in the past 10 year's
- Men in the Middle Years, ages **35–64 years** have the highest rate of suicide in the County in 2019, **90% of the suicides were men; 50% were Men in the Middle Years**, further research has found that **65% of these men were in the construction trade**. Other trades are high risk are students, first responders, law enforcement, Veterans, emergency medical technicians, physicians, and farmers.

What are Contributing Factors?

- Feeling of hopelessness
- Loneliness
- Perceived Burden
- Availability and access to counseling and screening programs for substance abuse
- Age of 1st use
- Firearm availability
- Poor academic success
- PTSD-Veterans
- Failed Relationships/Belongingness
- Bullying
- Peer Pressure
- Physical illnesses
- Acquired ability to inflict injury
- Low self-esteem and decision making skills
- Lack of knowledge of services available in the community
- Economy-unemployment/homelessness

What Can You Do to Help Prevent Suicide in St. Clair County, IL?

Know how to get help and save a life with QPR Training

- Attend a **QPR (Question, Persuade and Refer) Training**, just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

-Recognize the warning signs of suicide

-Know how to offer hope

-Learn how to refer to our local mental health professionals who can provide crisis services, screening and assessment crucial for predicting and preventing suicide and intervention and counseling services:

Chestnut Health Systems, Crisis Services 618-877-0316, Belleville, IL; or
Comprehensive Behavioral Health Center 618-482-7330, East St. Louis

- Or if you or someone you know needs immediate help, **“You Can Save A Life-Help Them Stay”** by calling the **National Crisis Hotline- Suicide Prevention Hotline & Veteran’s Crisis Hotline: 1-800-273-TALK (8255)** [Crisis Text Line](#) by texting **TALK to 741741**
- **QPR Training** is provided through the St. Clair County Suicide Prevention Alliance. To register for a community training for yourself, a school, an agency or business, call **618-277-6022**.



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