

September 2021
Health and Human Services Department

September is Suicide Prevention Month

Every year, during National Suicide Prevention Month, individuals and organizations come together to highlight the problem of suicide and advocate its prevention. However, having an understanding and awareness of suicide prevention is something as a community that we could be doing every day. Suicide is a serious public health problem that can have lasting harmful effects.

During an emotionally challenging time, especially with COVID-19, feeling overwhelmed or powerless is common, even when you are not at a high risk of getting sick. The risks related to untreated depression and anxiety can lead to increased thoughts of hopelessness and sometimes the presence of suicidal thoughts. Reaching out to a support line or a counselor about treatment for yourself or how to help others, is a great place to start. It is important to know that help is available and where to find it.

In recognition of Suicide Prevention Month, [Skokie Health and Human Services](#) staff are here to guide community members with information about area resources to help.

Coping Tips:

- Stay connected with people you care about at a safe distance. Communicate via video chat, text messages, and/or over the phone.
- Make sure to get a healthy amount of sleep and rest.
- Stay active via cyber groups, taking neighborhood walks, online book clubs, etc.
- Set a limit on media consumption, including social media!
- Eat healthy foods when possible! Check out the [Niles Township Food Pantry](#).
- For additional support, consider reaching out to an area counseling provider like Turning Point, JCFS, CJE or Metropolitan Family Services for professional support. Recommend these agencies to friends or loved ones in the area who might need help, too.
- For questions or direction about what may be most helpful for you, contact Human Services at 847-933-8208.

For anyone experiencing difficult or suicidal thoughts, or anyone who knows someone who is, there are various resources available, including:

- 24 Hour National Suicide Prevention Hotline: (800) 273-8255
- National Crisis Text Line 24/7: text 'HOME' to 741741
- Veterans 24 Hour Crisis Hotline: (800) 273-8255 Press 1 or text 838-255
- IL Domestic Violence Hotline: (877) 863-6338/ National Hotline: (800) 799-7233
- National Domestic Violence Text Hotline: text LOVEIS to 225-22
- Trevor Project Hotline (LGBTQ+): (866)488-7386/ TrevorText: text START to 678-678
- State of IL Call4Calm Text Line Service: text TALK to 552-020 or HABLAR for Spanish
- Turning Point Crisis Hotline: (847) 933-0051
- Josselyn Center: (847) 441-5600
- For 60 yrs+ 24/7 non-emergency support: (800) 971-0016