

# *A Listening Ear*



September is suicide awareness month, which means that it is important to understand and recognize the signs and symptoms related to suicide.

Suicide is a topic that nobody likes to talk about. Some people may even feel uncomfortable with the topic. However, it is so important to talk about and understand because according to the American Foundation for Suicide Prevention (2015), suicide is the 10<sup>th</sup> leading cause of death in the United States.

An individual who is experiencing clinical depression is at a greater risk for attempting suicide; yet, not everyone who thinks about suicide is always depressed.

Some of the warning signs and symptoms of someone who is thinking about suicide include:

- Always talking or thinking about death
- Clinical depression: deep sadness, loss of interest, trouble sleeping and eating – that gets worse
- Having a "death wish," tempting fate by taking risks that could lead to death, such as driving fast or running red lights
- Losing interest in things one used to care about
- Making comments about being hopeless, helpless, or worthless
- Putting affairs in order, tying up loose ends, changing a will
- Saying things like "it would be better if I wasn't here" or "I want out"

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## Staff Spotlight *Kara S. Brown*

Kara S. Brown received her Master of Science degree in Counseling from Villanova University. Kara's areas of focus are on integrating cognitive behavioral therapy, reality therapy, and motiva-

tional interviewing. Kara also enjoys working with clients on their career and educational goals. When Kara is not counseling she enjoys running, fitness, and cooking.

**Services:**  
*Individual Counseling*  
*Women*  
*Adolescents*  
*Men*  
*Couples Counseling*  
*Groups*  
*Drug & Alcohol*  
*Evaluations*  
*Anger Management*  
*Evaluations*  
*10- week Program*

**Depression**  
**Anxiety**  
**Relationship Issues**  
**Effective Communication**  
**Separation/ Divorce**  
**Peer Relationships**  
**Parenting Concerns**  
**Academic**  
**Underachievement**  
**Grief and Loss**  
**Identity Development**  
**Self Esteem**  
**Adjustment**  
**Trauma**  
**Coping Skills**  
**Family Conflict**  
**Career Counseling**

### ***Still a place to be heard after over 40 years!***

*Daemion Counseling Center is a grass-roots, community-based mental health counseling center operating continuously since 1970 to serve individuals (ages 14 and older), couples, and families in the Philadelphia metropolitan area. We offer evidence-based practices for clinical mental health counseling, Drug and Alcohol Evaluations, and an individualized Anger Management program. Our professional staff works closely with each individual to develop and achieve client-initiated goals.*

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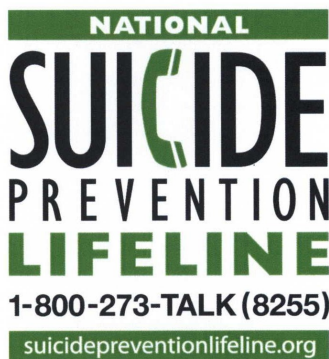
- Sudden, unexpected switch from being very sad to being very calm or appearing to be happy
- Talking about suicide or killing one's self
- Visiting or calling people to say goodbye

After reading these warnings signs and symptoms, if you or someone you know experiences any of these things, it is important to get help. If you or someone you know is actively planning on attempting suicide it is important to seek emergency help immediately.

Here are some resources:

- Suicide Prevention Hotline: 1-800-273-TALK (8255)
- Psychiatric hospital walk-in clinic
- Hospital Emergency Room
- Call 911

Another important resource to consider is seeking mental health counseling. This could be a very valuable preventive resource for individuals who are feeling depressed. While suicide is not a pleasant topic to discuss, it is important to keep the conversation open, and continue to advocate and provide support for those individuals who may be considering suicide.



### **Fast Fact:**

**In any one year, 6% of people aged 18-29 have suicidal thoughts.**

**Make sure your friends are alright:**

- **Talk to them and express concern**
- **Listen, offer support, take them seriously**
- **Don't stay silent; consult others, such as teacher or an RA**
- **Don't be afraid to bring up the topic; ask if they've ever thought about suicide**
- **Know the warning signs. Visit [www.suicidology.org](http://www.suicidology.org)**

<http://www.suicidology.org/resources/infographics/facebook>

### **Suicide Prevention Resources**

1. **National Suicide prevention Lifeline:** 1.800.273.TALK (8255)
2. **Veteran's Crisis Hotline:** 1.900.273-8255, option 1
3. **The Trevor Project:** 1.866.488.7386  
The Trevor Projects is a 24-hour free and confidential crisis and suicide prevention helpline specifically for LGBTQ youth.
4. **KUTO Kids Under 21:** 1.888.644.5886

## **Daemion Counseling Center**

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