

111 N. County Farm Rd., Wheaton, IL 60187

## Media Inquiries:

(630) 221-7374  
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September 9, 2021

## FOR IMMEDIATE RELEASE

### September is Suicide Prevention Month

**DuPage County**—Every year, during National Suicide Prevention Month, individuals and organizations come together to highlight the problem of suicide and advocate its prevention. The DuPage County Health Department (DCHD) will be providing suicide prevention training for all staff and encourages residents to raise awareness in their communities—it could save a person’s life.

Suicide is a serious public health problem that can have lasting harmful effects on individuals, families, and communities. According to the Centers for Disease Control and Prevention (CDC), suicide is the 10th leading cause of death in the United States. From 1999 to 2019, suicide rates increased 33 percent nationally and 34 percent locally in DuPage County. In 2019, suicide was responsible for more than 47,500 deaths across the country and 90 deaths in DuPage County. Sadly, deaths by suicide increased an additional four percent in 2020 for a total of 94 deaths among DuPage County residents.

However, suicide is preventable, and everyone has a role to play in recognizing warning signs and risk factors for suicide. In recognition of this, DCHD has adopted the Zero Suicide philosophy. This framework has allowed DCHD to improve identification of individuals at-risk for suicide and provide better care to individuals experiencing suicidality. All employees of DCHD will receive training in line with these objectives to help support this important initiative.

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

- **National Suicide Prevention Lifeline** - The Lifeline is available 24/7 at 1-800-273-8255 for free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.
- **Crisis Text Line** – The Crisis Text Line is available 24/7 for free crisis support by text message. Anyone in a crisis can connect with a Crisis Counselor by texting ‘Reach’ to 741741.



Established in 1945, DuPage County Health Department promotes physical and emotional health; prevents illness injury and disability; protects health from environmental risk factors, and strives to assure the provision of accessible, quality service.

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- **Call4Calm** – A free text line is available if for anyone seeking emotional support. Text TALK to 552020 for English or HABLAR for Spanish, 24 hours a day, 7 days a week. Callers seeking assistance remain anonymous and will provide only their first name and zip code, which enables the service to link them to a counselor in their area who is knowledgeable about available local resources.
- **Veteran's Crisis Line** – Provides access to caring, qualified responders within the Department of Veterans Affairs. This free support is confidential, available 24/7, and serves all veterans, service members, their families, and friends. Call 1-800-273-8255 or text: 838255. Support is available for the hearing impaired at 1-800-799-4889.
- **DCHD's Crisis Services** – The DuPage County Crisis Hotline is available 24 hours a day, 7 days a week at (630) 627-1700. Callers can expect staff to provide support and guidance to manage the crisis, explore options and provide other resources that may further assist them in resolving the crisis.

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**STAY SAFE  
DUPAGE**

