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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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FOR IMMEDIATE RELEASE

Health Department's Suicide Hotline is a Life Saver

DUPAGE COUNTY—Suicide is something that can affect anyone, including the recent deaths of celebrities Anthony Bourdain and Kate Spade, to your family, friends and members of the community.

The DuPage County Health Department would like you to know of the importance of suicide prevention and the services offered. Suicide is preventable and with the proper education, everyone can become more aware of the warning signs and how help may be provided to someone struggling with depression.

A mental health crisis can be any situation where an individual is exhibiting extreme emotional disturbance or distress. Examples of mental health crises can include depression, trauma, eating disorders, substance abuse, self-injury and suicidal thoughts. If you or friend or family member are experiencing a mental health crisis, there are many resources available.

The DuPage County Health Department offers a local Crisis Hotline **(630) 627-1700**, for anyone experiencing a variety of mental health crises, or callers who may be in need of other resources within the County.

Trained counselors are a text message away. To reach the **Crisis Text Line**, text **REACH** to **741741**. The Crisis Text Line serves anyone in any type of crisis, and provides access to free, 24/7 support and information.

In addition, the National Suicide Prevention Lifeline is a network of 161 centers across the country that offers free and confidential emotional support to people in crisis or distress. The Health Department recognizes the need for more suicide prevention and joined the national network in 2012 to provide more crisis assistance to residents.

-More-

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The goals of the National Suicide Prevention Lifeline are: easy access to assistance; reaching more people who are at risk; and ensuring a high level of quality service to people who are seeking help.

If you or someone you know is having thoughts of suicide, or are feeling overwhelmed and alone, contact the National Suicide Prevention Lifeline (800) 273-TALK or the Crisis Hotline (630) 627-1700 and take the first-step in working toward wellness.

All calls received by the Health Department through the National Suicide Prevention Lifeline, as well as the Crisis Hotline are answered by clinical staff who are trained in crisis intervention and have the skills to aid callers in distress.

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