

LET'S TALK ABOUT SUICIDE AWARENESS



READING THE BOOK

Night Falls Fast By Kay Redfield Jamison provides suicide awareness by exploring the causes and telling stories of people who have suffered from such mental illnesses. She explains methods of treatment while also commemorating the ones who have taken their lives.

PSYCHOLOGY BEHIND SUICIDE

The majority of suicides have an underlying mental illness that the person may be suffering from. These can include depression, manic-depression, schizophrenia, and other psychiatric disorders.

DIVE INTO DETAILS

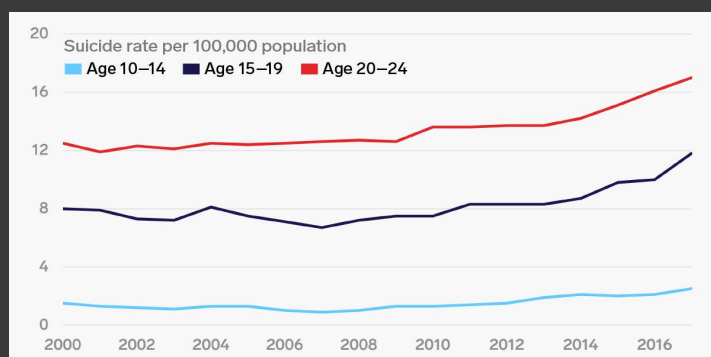
People facing these mental health illnesses suffer with a feeling of hopelessness, agitation, shame, or mix of all of them.



TREATMENT

- Lithium (light metal element effective treatment against suicide)
- Antidepressant medications
- Medications to stabilize mood
- Hospitals to provide a safe space
- Psychotherapies/ Talking to others

THE NUMBERS



The Center for Disease Control and Prevention created the graph above that illustrates the number of suicides in age ranges among Generation Z.



For Generation Z, suicide is the second-leading cause of death.

MORE INFORMATION AND HELP

- National Institute of Mental Health (<https://www.nimh.nih.gov/health/topics/suicide-prevention>)
- Suicide Hotline: **800-273-8255**

Resources:

- Jamison, Kay R. *Night Falls Fast : Understanding Suicide*. New York :Knopf, 1999.
- "Suicide is Gen Z's second-leading cause of death, and it's a worse epidemic than anything millennials faced at that age." *Business Insider Nederland*, 18 Oct. 2019, www.businessinsider.nl/cdc-teenage-gen-z-american-suicide-epidemic?international=true&r=US.