

**SPEAK UP. REACH OUT.
SAVE A LIFE.**

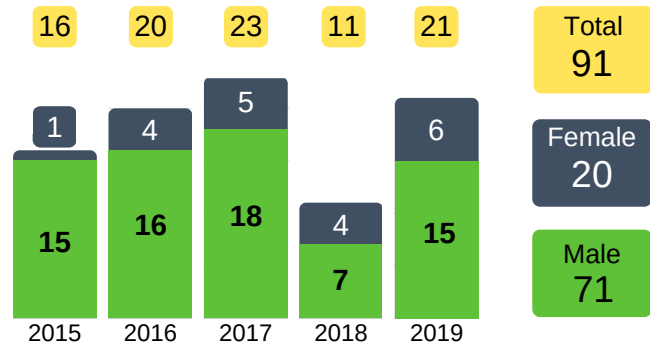
prevent suicide
csifdl.org/psfdl FOND DU LAC

Suicide in Fond du Lac County

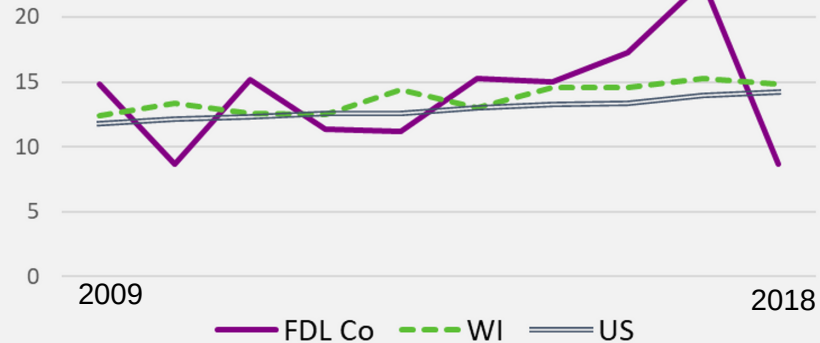
DATA ABOUT THE IMPACT OF SUICIDE (UPDATED JUNE 2020)

Sources: Wisconsin Interactive Statistics on Health (WISH), CDC's National Center for Health Statistics, FDL Co Health Dept's 2017 Community Health Survey, 2019 ATOD Survey, and FDL Co MEO 2019 data

Number of Fond du Lac County residents who died by suicide in the last five years.



Fond du Lac County's suicide rate (age-adjusted, per 100,000) has often been higher than both WI and US rates.

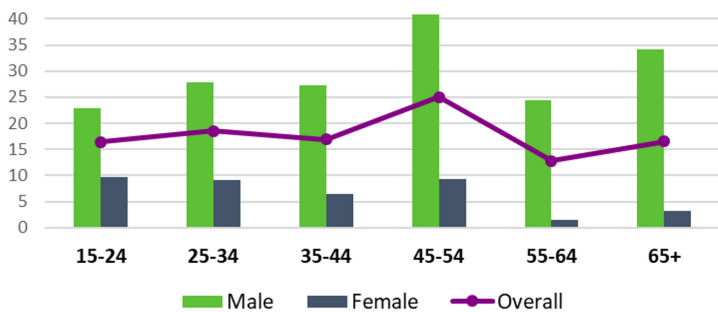


2nd

In Fond du Lac County, suicide is the second leading cause of death for those ages 15-34 and third for those ages 35-44. ⁽¹⁴⁻¹⁸⁾

3rd

Suicide rates vary widely by age group and sex. Males ages 45-54 have the highest rate. (2009-2018)



ADULTS

Percentages of Fond du Lac County adults (2017) and teens (2019) who reported having considered suicide in the previous year.



TEENS

From 2009-2018 in Fond du Lac County



Females accounted for 66% of all Emergency Department visits and hospitalizations for self-harm injuries.

4x

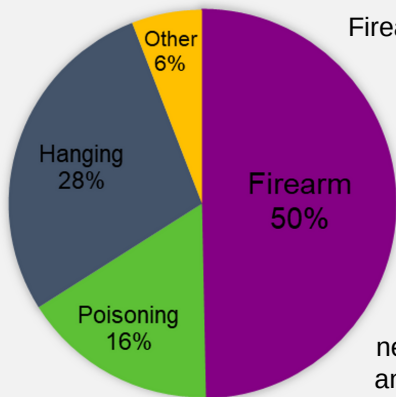
Those ages 15-24 comprised 42% of all ED visits for self-harm injuries. The rate for females ages 15-24 was four times greater than that of the overall population.



Males accounted for 80% of all suicide deaths.

3x

Males ages 40-64 were nearly three times as likely to die by suicide than in a motor vehicle accident.



Firearms were used in half of all suicide deaths in Fond du Lac County from 2010-2019.

Males comprised 90% of the suicide deaths by firearm.

Firearms were used in nearly 2/3 of male suicides and 1/3 of female suicides.

If you or someone you know is in crisis, contact Fond du Lac County Crisis Intervention at (920)929-3535 or the National Suicide Prevention Lifeline at (800)273-8255. Other local resources can be found at www.csifdl.org/pathways.

WE ALL HAVE A ROLE IN PREVENTING SUICIDE

SPEAK UP. REACH OUT. SAVE A LIFE.

Suicidal thoughts, behaviors, and deaths impact a large - and growing - number of Fond du Lac County residents each year. Suicide can touch anyone, anywhere, at any time - but it is not inevitable. Sharing facts about suicidal behaviors, warning signs, intervention strategies, and the availability of resources and effective treatment can instill hope and prevent suicides.

Fact: In most cases, suicide does not happen without warning. There are almost always warning signs prior to a suicide, but others are often unaware of the significance of the warnings or unsure what to do in response.

Fact: Asking “Are you thinking about suicide?” in a direct and caring manner will often minimize a person’s anxiety and act as a deterrent to suicidal behavior. Research has shown that it will not “plant the idea” or trigger suicidal behavior.

Fact: Heightened suicide risk is often short-term and situation-specific. Someone who is suicidal is not destined to always be so. While suicidal thoughts may return, they are not permanent. With treatment and support, most are able to recover.

Fact: Even the most severely depressed person often has mixed feelings or is ambivalent about dying. They likely just want to end the pain they are in, not their lives. Steps can and should be taken to prevent people from killing themselves.

Sources: <https://www.preventsuicidewi.org/suicide-myths-and-facts.aspx> and http://www.who.int/mental_health/suicide-prevention/myths.pdf

WARNING SIGNS

Some behaviors may indicate that a person is at immediate risk for suicide, and should not be ignored. **Talking about wanting to die or to kill oneself, looking for a way to kill oneself (such as searching online or obtaining a gun), and talk about feeling hopeless or having no reason to live should always be taken seriously.** Call Fond du Lac County Crisis Intervention at **(920)929-3535**, the National Suicide Prevention Lifeline at **1-800-273-8255**, or a mental health professional for assistance.

Other behaviors may also indicate a serious risk - especially if the behavior is new, has increased, and/or seems related to a painful event, loss, or change. These include:

- Talking about feeling trapped or unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talk about seeking revenge
- Displaying extreme mood swings

Source: http://www.sprc.org/sites/default/files/resource-program/RS_warningsigns.pdf

BeThe1To

**ASK
KEEP THEM SAFE
BE THERE
HELP THEM CONNECT
FOLLOW UP**

Steps anyone can take to help those in distress.

Learn more at
bethe1to.org

LOCAL RESOURCES ARE AVAILABLE

QPR Suicide Prevention Training

Learn skills that could save a life!

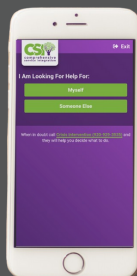
QPR is a 60-90 minute training offered for free to any organization or group in Fond du Lac County. On-site and virtual training available. Community sessions also offered throughout the year.

Request a training or register at:

csifdl.org/qpr

PATHWAYS TO CARE

Interactive Resource Guide



ACCESS crisis phone & text lines.

CONTACT local providers & support services.

DISCOVER other options for those struggling with their mental health.

csifdl.org/pathways

Survivors of Suicide Loss

Monthly peer-led support group in Fond du Lac for those who have lost a loved one to suicide, no matter how much time has passed. New members always welcomed. No cost to attend. Learn more & register: **csifdl.org/sosl**

prevent suicide
csifdl.org/psfdl FOND DU LAC