



KANE COUNTY  
MENTAL HEALTH COUNCIL

*making a difference ...together*

# Message of the Month

## April 2009

[www.kanecountymentalhealth.org](http://www.kanecountymentalhealth.org)

### Kane County Mental Health Council

- The Association for Individual Development  
630-966-4000
- Aunt Martha's Youth Service Center  
630-859-6562
- Delnor Community Hospital  
630-208-3000
- Ecker Center for Mental Health Services  
847-695-0484
- Family Counseling Service of Aurora  
630-844-2662
- Family Service Association of Greater Elgin Area  
847-695-3680
- Gateway Foundation/Aurora  
630-966-7400
- Greater Elgin Family Care Center  
847-608-1344
- Kane County Health Department  
630-208-3801
- Larkin Center  
847-695-5656
- League of Women Voters  
630-365-2138
- Mental Health & Mental Retardation Services, Inc.  
630-892-5456
- National Alliance on Mental Illness, DeKalb, Kane-South, Kendall Counties, Inc.  
630-896-6264
- National Alliance on Mental Illness-Kane County  
847-931-4715
- Provena Mercy Medical Center  
630-801-2657
- Provena St. Joseph Hospital  
847-931-5521
- Senior Services Association  
847-741-0404
- Suicide Prevention Services  
630-482-9696
- TriCity Family Services  
630-232-1070
- Visiting Nurse Association of Fox Valley  
630-978-9835

### THE LINK BETWEEN SUICIDE & DEPRESSION

Suicide is the eleventh leading cause of death in the U.S., claiming around 31,000 lives per year. Suicide rates among youth (ages 15-24) have increased more than 200% in the last fifty years. The suicide rate is highest for the elderly (ages 65+) than for any other age group. Four times more men than women complete suicide, but three times more women than men attempt suicide. Suicide occurs across all ethnic, economic, social, and age boundaries. Most suicides are preventable. Most suicidal people desperately want to live; they are just unable to see alternatives to their problems. Most suicidal people give definite warning signals of their suicidal intentions, but those in close contact are often unaware of the significance of these warnings or unsure what to do about them. Talking about suicide does not cause someone to become suicidal. Individuals who are depressed and exhibit the following signs are at particular risk for suicide:

- Hopelessness
- Rage, uncontrolled anger, seeking revenge
- Acting reckless or engaging in risky activities, seemingly without thinking
- Feeling trapped – as if there's no way out
- Increasing alcohol or drug use
- Withdrawing from friends, family, and society
- Anxiety, agitation, inability to sleep or sleeping all the time
- Dramatic mood changes
- Expressing no reason for living; no sense of purpose in life

Nearly everyone at some time in his or her life thinks about suicide. Most everyone decides to live because they come to realize that the crisis they are experiencing is temporary, but death is not. On the other hand, people in the midst of a crisis often perceive their dilemma as inescapable and feel an utter loss of control. Frequently they:

- Can't stop the pain
- Can't think clearly
- Can't make decisions
- Can't see any way out
- Can't sleep, eat, or work
- Can't get out of the depression
- Can't make the sadness go away
- Can't see the possibility of change
- Can't get someone's attention
- Can't make the sadness go away
- Can't seem to get control

NAMI Family-to-Family Education Program

10 a.m. to 12:30 p.m.

Congregational United Church of Christ

40W451 Fox Mill Blvd. St. Charles

A series of 12 weekly classes to help caregivers understand and support individuals with serious mental illness

To register

NAMI Kane County: 847-426-4594