



Alternative BEHAVIORAL CARE

Almost 100% Of Our Patients Rate Our Services and Staff as Very Good or Excellent!
And Our Testimonials Are Endless!!!

From Our Desk To Yours...

Caution: Suicide Risk!!

Suicide is one of leading causes of death in United States. On average, about 800 Americans kill themselves each week. At certain times during the year, this toll rises closer to 900. While no complete account is kept for the attempts, based on CDC data, for every successful suicide there are 25 attempts. Females attempt suicide three times more often than males. Males are four times more likely to die by suicide.



Every year, suicide peaks, increasing roughly 15 percent over the previous annual average to create one of mental health's most consistent epidemiological patterns and challenges. Despite the increased availability of mental health care and psychiatric medications, the U.S. suicide rate has not declined. There are measures we can, and must take right away to help prevent suicide. The first step is getting the at-risk individuals to appropriate care. A better understanding of the risks and prevention methods can literally make the difference of a life time.

Who may be at risk for suicide?

Anyone can be at risk for suicide, but the risk is often higher among:

- Those experiencing conflict, disaster, violence, abuse, or loss, and a sense of isolation are strongly associated with suicidal behavior.
- Those who have persistent symptoms related to anxiety, ADHD, Bipolar Disorder, depression, and insomnia.
- By far the strongest risk factor for suicide is a suicide attempt and having a suicide attempt in the past.

Suicides are preventable. There are a number of things you can say to help someone who is suicidal:

- Suicide is often related to untreated mental illness - mental disorders are treatable and so are suicidal feelings.
- People feeling suicidal are not alone - people care and are there to help.
- It is important that help is sought immediately to assist with treating the underlying mental disorder.

Although the above can provide better understanding to the at-risk individual, it won't completely eliminate the thought of suicide. If you know someone who is in danger or has

thoughts of suicide, the most important thing to do is to encourage and assist them to get immediate help. Call 911 or take them to the nearest hospital, call Alternative Behavioral Care, or if you can, visit www.suicide.org for more information.

We understand that thoughts of suicide ARE challenging and an obstacle to life. The prevention of suicide has not been adequately addressed due to a lack of awareness of suicide as a major public health problem, and the societal stigma to openly discuss the subject. Our community needs help. Raising individual and community awareness, and breaking down the taboos is important for making progress in reducing the suicide rates. Let's work towards this goal as a community. We are here to help do our part. Give us a call.

-Lindsey McGrath, MA

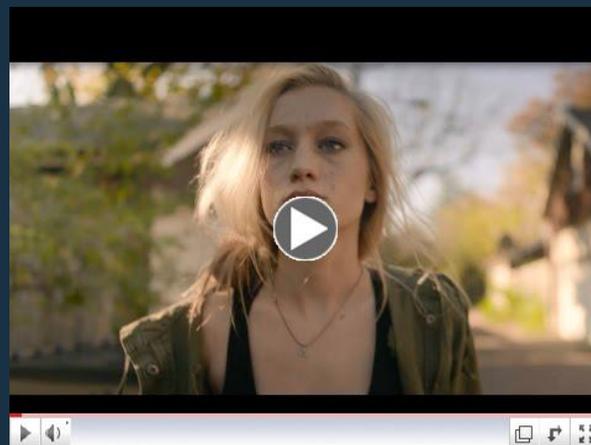
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We are *Proudly Serving*
the **Emotional and Mental Health Needs**
of Our Community With Our

- Child Metal Health Program, Ages 4-11
- Adolescent Mental health and Substance Abuse Programs, Ages 12-17
- Adult Mental Health and Substance Abuse Programs
- Exclusively Women's Mental Health and Substance Abuse Programs

Call us to find out how we can help your clients and loved ones....

VISIT OUR WEBSITE



All American Girl - Heroin Superbowl Commercial

Please take a moment to view the National Council of Alcohol and Drug Abuse's commercial that aired during this year's Superbowl. The commercial tells the story of a teeneaged girl and how she experiences the costs of heroin abuse. This is a gripping commercial that outlines how young people will loose the things they love with

New Depression Screening Guidelines Released

The US Preventative Service Task Force has recently updated its recommendations on screening for depression. Specifically, the USPSTF recommends screening pregnant women during and after pregnancy. Task force member Karina Davidson, PhD, Professor at Columbia University stated, " The addition of the subpopulation of pregnant women and postpartum women is new for this 2015 recommendation. At the time of the previous recommendation, there was not enough evidence to recommend for or against screening pregnant women and postpartum women, but now there is..." [Learn More](#)



The American College of Obstetricians and Gynecologists recommends screening for depression and anxiety at least once during the perinatal period, and it recommends that screening be coupled with appropriate follow-up and treatment when indicated.

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