

## ADULTS

Suicide among adults is a deeply troubling and multifaceted issue that has been increasingly prevalent in recent years. This devastating occurrence is influenced by a wide range of factors, including mental health disorders, financial stress, relationship problems, job loss, and substance use. Adults who may be facing significant life changes and challenges, such as divorce, empty nest syndrome, and caring for aging parents, can experience feelings of hopelessness, depression, and anxiety which, when left unaddressed, can lead to suicidal ideation and attempts. Additionally, the stigma surrounding mental health can hinder individuals from seeking help or discussing their feelings with friends, family, or professionals, further compounding the risk of suicide.

Early intervention and support are paramount in tackling this devastating issue, as it is essential to create a safe and open environment where adults feel comfortable discussing their emotions and seeking help when needed.

Family members, friends, mental health professionals, and community members play a crucial role in recognizing the warning signs of suicidal ideation and providing appropriate care and resources for those in need.

This may include therapy, medication, or support groups, as well as fostering a strong network of social connections to help combat feelings of isolation and despair. Additionally, it is important to promote mental health education and awareness in communities and workplaces, in order to dismantle the stigma surrounding mental health and encourage open dialogue about the challenges faced by adults in this age group.

By working together to address the root causes and risk factors associated with suicide among adults, we can strive to prevent these tragic losses and create a more supportive and understanding society for individuals facing life's challenges.

## UNDERSTANDING THE STATISTICS

Anyone can experience suicidal thoughts – no matter age, race, gender, socioeconomic status, or cultural background – yet some populations are more at risk than others. The Black community is particularly at a higher risk, and the suicide rate has continued to increase when the rate for other populations has declined or remained the same.

According to the Ohio Department of Health, from 2019 to 2020, the suicide rate for Black males increased by 8%, and for females, 14%. Understanding the unique factors that contribute to suicide in the Black community is the first step to learning how to address it.

# CRISIS CALL LINES

National Suicide and Crisis Lifeline: Call or Text **988**

## ADDITIONAL RESOURCES

Center for Black Women's Wellness

The Confess Project

Black Mental Health Alliance

National Queer and Trans Therapists of Color Network

The Black Mental Health Corporation

African American Male Wellness Agency

## HELPFUL ORGANIZATIONS IN OHIO

If you are in need of help and do not know where to turn, there are several organizations in Ohio that can assist.

[Ohio Suicide Prevention Foundation](#)

[NAMI OHIO](#)

[Mental Health America of Ohio](#)

[Department of Mental Health and Addiction Services | Ohio.gov](#)

[Melissa's House](#)

## MYTHS

- Suicide is a selfish act.
- If someone tells you they're thinking about killing themselves, you should make them feel better by telling them that everything will be okay. (This kind of response can actually make things worse– it sends the message that you don't take their feelings seriously and don't care enough about them to listen carefully or help them)

## TRUTHS

- Suicide is often a last resort for someone who is suffering from mental illness or feels like they have no other choice.
- Ask questions like "What are some ways we could support each other right now?"
- You can help by listening without judgment and letting them know that their experience is valid and understandable. Then, offer support in whatever way seems appropriate.

# THE ROLE OF FAMILY AND FRIENDS

Family and friends can be instrumental in helping someone who is struggling with depression, anxiety, or other mental health issues.

If you are concerned about someone you know,  
here are some steps you can take:

- Talk to them about their feelings and ask if they have thought about suicide. If so, let them know that it's not too late for help and encourage them to seek professional support immediately (see below).
- If your friend refuses help from professionals or refuses medication altogether, continue talking with them regularly while also encouraging them to seek treatment at another time when they feel more ready or willing. You may also want to consider seeking support for yourself through counseling or support groups.

## SEEKING PROFESSIONAL HELP

If you are feeling suicidal, it's important to seek professional help.

**The benefits of seeking professional help include:**

- Learning new ways to cope with your emotions and thoughts
- Getting a clear diagnosis of your mental health issues so that they can be treated effectively
- Reaching out for support from others who are dealing with similar struggles

The 988 Suicide and Crisis Lifeline has been a valuable resource for many Ohioans. The hotline is staffed by trained volunteers who are available 24 hours a day, 7 days a week to listen to callers in need. They can help you find the resources that you need, including counseling services and support groups.

The mental health resources available in Ohio are extensive and diverse, ranging from counseling services for individual adults or children to peer support groups for those with similar experiences or conditions. Many of these programs can be accessed through your insurance plan or local community organizations such as hospitals or churches; others require no cost at all!

# MENTAL HEALTH RESOURCES IN OHIO

There are a number of mental health resources available in Ohio. If you or someone you know is experiencing a mental health crisis, it's important to know that help is available.

We recognize the pain, fear, trauma, anger, and anxiety the Black community is feeling right now. Please find resources specific to support Black mental health.

For immediate text support, text **HOPE** to **741-741**.

You can also call the **National Suicide and Crisis Lifeline** at **988**. It's free and highly confidential unless it's essential to contact emergency services to help you or your friend stay safe.

## AAKOMA PROJECT

The AAKOMA Project is helping diverse teenagers and their families achieve optimal mental health through dialogue, learning, and the understanding that everyone deserves care and support.

[Click here](#) to learn more.

## BLACK EMOTIONAL AND MENTAL HEALTH COLLECTIVE (BEAM)

BEAM's mission is to remove the barriers that Black people experience getting access to or staying connected with emotional health care and healing.

[Click here](#) to learn more.

## BLACK MENTAL WELLNESS

Black Mental Wellness provides access to evidence-based information and resources about mental health and behavioral health topics from a Black perspective, to highlight and increase the diversity of mental health professionals, and to decrease the mental health stigma in the Black community.

[Click here](#) to learn more.

## NATIONAL ORGANIZATION FOR PEOPLE OF COLOR AGAINST SUICIDE (NOPCAS)

NOPCAS was founded by suicide loss survivor, Dr. Donna Barnes, working to reduce the stigma of suicide prevention among communities of color through training and advocacy.

[Click here](#) to learn more.

## BLACK MENTAL HEALTH ALLIANCE

Black Mental Health Alliance's mission is to develop, promote and sponsor trusted culturally-relevant educational forums, trainings and referral services that support the health and well-being of Black people and other vulnerable communities.

[Click here](#) to learn more.

## THE BORIS LAWRENCE HENSON FOUNDATION (BLHF)

BLHF's vision is to eradicate the stigma around mental health issues in the African-American community.

[Click here](#) to learn more.

## **CENTER FOR BLACK WOMEN'S WELLNESS (CBWW)**

CBWW is a non-profit organization that provides free and low-cost services to empower Black women, and their families, toward physical, mental and economic wellness.

[Click here](#) to learn more.

## **THERAPY FOR BLACK GIRLS**

Therapy for Black Girls is an online space dedicated to encouraging the mental wellness of Black women and girls.

[Click here](#) to learn more.

## **THE STEVE FUND**

The Steve Fund's mission is to promote the mental health and emotional well-being of young people of color.

[Click here](#) to learn more.

## **NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)**

NAMI's mission is to help families and individuals affected by mental illness build better lives through education, support and advocacy.

Don't forget: The 988 Suicide and Crisis Lifeline provides free and confidential support 24 hours a day, 7 days a week for people with emotional distress or mental health concerns, including those considering suicide. Their trained specialists can help talk through the issues at hand, provide referrals to local services as needed, or just listen if that's what you need most right now.

[Click here](#) to learn more.

## **EUSTRESS**

Eustress raises awareness on the importance of mental health in underserved communities, allowing individuals to identify and overcome challenges to achieve a healthier and productive lifestyle.

[Click here](#) to learn more.

## **THE LOVELAND FOUNDATION**

The Loveland Foundation is committed to showing up for communities of color in unique and powerful ways, which a particular focus on Black women and girls.

[Click here](#) to learn more.