



**KANE COUNTY
MENTAL HEALTH COUNCIL**
making a difference ...together



Message of the Month

September 2016

www.kanecountymentalhealth.org
Facebook: We Support Mental Health
Twitter: @KCMentalHealth

Kane County Mental Health Council

- The Association for Individual Development
630-966-4000
- Aunt Martha's Youth Service Center
630-859-6562
- 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
- INC Board 630-892-5456
- Kane County Health Department 630-208-3801
- League of Women Voters 630-365-2138
- National Alliance on Mental Illness, DeKalb, Kane-South, Kendall Counties, Inc. 630-896-6264
- National Alliance on Mental Illness Kane County North 847-410-9719
- Northwestern Medicine Behavioral Health 630-933-4000
- Open Door Clinic 847-695-1093
- Presence Mercy Medical Center 630-801-2657
- Presence St. Joseph Hospital 847-931-5521
- Renz Addiction Counseling Center 847-697-1221
- Senior Services Associates 847-741-0404
- Suicide Prevention Services 630-482-9696
- TriCity Family Services 630-232-1070
- VNA Health Care 630-978-9835

Suicide Prevention

“Suicide, taking your own life, is a tragic reaction to stressful life situations — and all the more tragic because suicide can be prevented. Whether you're considering suicide or know someone who feels suicidal, learn suicide warning signs and how to reach out for immediate help and professional treatment. You may save a life — your own or someone else's.”—Mayo Clinic, 2016

Suicide Warning Signs: (Suicide.org, 2016)

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|--|--------------------------------|
| -Appearing depressed or sad most of the time | -Feeling strong anger or rage |
| -Talking or writing about death or suicide | -Abusing drugs or alcohol |
| -Withdrawing from family and friends | -Acting impulsively |
| -Experiencing a change in eating habits | -Losing interest in activities |
| -Feeling excessive guilt or shame | -Acting recklessly |
| -Giving away prized possessions | -Writing a will |
| -Performing poorly at work or school | -Feeling hopeless |
| -Experience a change in sleeping habits | -Feeling helpless |
| -Experience dramatic mood change | -Feeling trapped |

Useful Crisis Communication Techniques :

- Silence
 - Promotes speech
 - Encourages continued uninterrupted speech/ventilation
- Non Verbal Attending
 - Encourages continued uninterrupted speech/ventilation
 - Shows Interest
 - Head nodding and facial expressions
- Restatement
 - Shows you are listening
 - Check for accuracy/clarify semantics
 - Careful of using too frequently
- Paraphrasing
 - Communicates interest, understanding, empathy
 - Checks for accuracy
 - Allows the speaker to “hear” their own thoughts

A person who is suicidal needs someone who will be willing to listen to them with acceptance. Be that person!

Kim Buckheister, Director Crisis and Outreach, Association for Individual Development

Info Corner:

- 1-800-273-TALK (1-800-273-8255)
- 1-800-SUICIDE (1-800-784-2433)
- Depression Hotline (630) 482-9696
- Crisis Line of Fox Valley 630-966-9393

**For information on Layperson Guide to Mental Illness [click here](#)
To request a Layperson Guide to Mental Illness presentation,
contact: Alexis Slivka: slivkaalexis@countyofkane.org**