

Treating Personal Pain To Prevent Suicide



Suicide is a difficult topic to think about let alone discuss, and yet each year [44,000 Americans](#) will die at their own hands according to Mental Health America. While it is the second leading cause of death among young people, the largest number of suicides are actually among [middle-aged adults](#). Males are far more likely than females to commit suicide, and for every person who is successful in taking their own life roughly 24 more make an attempt.

How does this happen and why? [Rachel Grant Coaching](#) explains it's a difficult question to answer, and no single determining factor has been identified.

The Lifestyle Connection

It's believed that for every attempted suicide, whether successful or unsuccessful, there is a multitude of contributing factors in each case. Potential factors include mental illness, financial hardship, divorce, major loss, social isolation, deteriorating health, and [sexual abuse](#), to name a few. None of these predictors exist in a vacuum or are mutually exclusive, which leads to a whole set of unique factors contributing to the mindset of each individual who even considers suicide.

Any major life change that might be viewed as a setback by the individual can potentially have a connection to thoughts of or attempts at suicide. Understanding how traumatic the situation is

for the person experiencing it is the best first step at recognizing a potentially deadly scenario. It is important not to try to rationalize with the person based on your perspective of the situation, because their irrational view is very real for them.

Finding ways to make oneself happier at home and at [work](#) is a great strategy to offset anxiety and depression. However, seeking professional help may be the only way to help with recovery.

Warning Signs

[Depression](#) is a major warning sign that a person might be headed toward suicidal thoughts or tendencies, and is often a result of life setbacks. Understanding if suicide is a possibility takes more than recognizing that someone is depressed, but it should be treated as a serious warning sign. Once someone is observably depressed, it is important to look for other factors that may indicate thoughts of suicide.

Changes in mood, appearance and personal hygiene, as well as giving away personal items and talking about death are all important warning signs that should not be taken lightly. Other major red flags include such things as suicide clusters in the area where they live, alcohol or drug abuse, and access to common methods of suicide such as firearms or drugs. Many who are considering suicide don't discuss their thoughts, so it is important not to miss the nonverbal warning signs, which may be the only indications that suicide is being considered.

Seeking Help

While it is critically important for anyone having thoughts of suicide to seek help immediately, they are often averse to or have already experienced barriers to getting help. For that reason, it may be more logical to focus on identifying risk factors early on, before they lead to thoughts of suicide, and seeking treatment for those issues instead.

For example, the highs and lows of [substance abuse](#) often lead to depression and compulsive behaviors. Addressing a substance abuse issue early on and [seeking treatment](#) makes it easier to recover, and less likely that the situation will progress to suicide. However, substance abuse can begin when someone attempts to self-treat a mental illness, or when someone with depression or other hardships tries to self-medicate. It is important to look for the underlying factors if you notice an increase in drinking or drug abuse that is out of character, and focus on getting the person help for those issues, too.

Depression rates are extremely high among [seniors](#), as well, due to isolation, terminal illness, and loss of a spouse, among other factors. You can help a senior loved one who is struggling with depression by suggesting they refer to their Medicare plan.

In addition to counseling services and mental health care, one benefit that's worth looking into is SilverSneakers, which offers a range of fitness opportunities such as yoga classes and exercise facilities. SilverSneakers is only offered with certain Medicare Advantage plans, so it's a good

idea to have your senior loved one check their current plan to see if it's available, and if not, suggest they sign up for a qualifying one. Regular exercise is a key component of good physical and [mental health](#) for all ages.

Suicide is not a pleasant topic to discuss, but silence helps perpetuate the cycle. Knowing the circumstances that may cause someone to consider suicide is the first step to recognizing the risk. Nonverbal signs should never be ignored, as they often indicate a person may be planning an attempt. Seeking treatment for substance abuse or other underlying causes of depression or mental illness may present the best chance at long-lasting prevention for someone who has experienced thoughts of suicide.

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Rachel Grant Coaching helps you break free from the pain of abuse, move on with your life, and be the person you were meant to be. Reach out today for more information! (415) 484-5682