

Understanding Suicide Prevention Month: #BeThe1To Make a Difference

September marks an important month in our calendar – Suicide Prevention Month. This observance, recognized from September 1st to September 30th, is a time to raise awareness, spread hope, and work collectively to save lives. This year, we join hands with the nationwide #BeThe1To campaign, emphasizing our commitment to making a positive impact. If you or someone you care about is struggling, know that help is within reach.

You Are Not Alone:

In moments of darkness, it's crucial to remember that you are not alone. The struggles you face might feel isolating, but there is a network of support waiting to guide you towards light. Whether you're battling personal challenges or concerned about a loved one, reaching out is the first step towards healing.

#BeThe1To Make a Difference:

The #BeThe1To campaign encapsulates the essence of Suicide Prevention Month. It's a call to action, urging each one of us to be that one person who can make a difference in someone's life. A simple conversation, a caring gesture, or a supportive presence can offer the lifeline someone desperately needs. By taking the initiative, we become agents of hope and change.

Getting Help:

If you or someone you know requires immediate mental health support, don't hesitate to call 988. This three-digit number is dedicated to providing assistance during crisis situations. It's a number that connects you to professionals who understand, listen, and offer guidance when you need it the

most.

Compass Health Network:

At Compass Health Network, we're committed to promoting mental well-being and providing accessible care. If you're seeking a mental health appointment, reach out to us at 844-853-8937. Our compassionate team is here to assist you on your journey to healing.

Visit CompassHealthNetwork.org:

For a comprehensive understanding of our services and resources, visit CompassHealthNetwork.org. Our website offers valuable insights, information, and tools to support your mental health journey.

Conclusion:

During Suicide Prevention Month, let us come together as a community to #BeThe1To make a positive impact. Remember, there's strength in unity, and even the smallest gestures can have a profound effect on someone's life. Whether it's lending an empathetic ear or seeking help for yourself, know that you have the power to make a difference. You are not alone – help and hope are just a call away.

Taking Care of Yourself During Suicide Prevention Awareness Month

Like many states in America, Missouri's suicide rate is reaching alarming levels. The death rate is approaching [19 people](#) for every 100,000 in the state.

There are many reasons why a person chooses to take their own life. Mental health, life-changing events, poverty, and drugs are just a few of the potential causes.

The good news is that we can all play a vital role in preventing suicide and saving lives. This is the purpose behind Suicide Prevention Awareness Month.

Read on to learn how to deal with suicidal thoughts, explore difficult topics such as suicidal ideation, and identify depressive symptoms.

What Is Suicidal Ideation?

This is a term used to broadly describe a person having [suicidal thoughts](#). Some individuals develop a preoccupation with death and suicide. They openly or discretely wish for their own death.

Taking these thoughts seriously is a prerequisite for any suicide prevention strategy. Ignoring suicidal clues is a recipe for regret and tragedy. Instead, it is best to err on the side of caution and seek help when you discover indications of suicidal ideation.

Seeking help is not always as easy as it sounds. In some cases, there are no obvious signs that a person is struggling with depression or life purpose.

Is Mental Health Important?

Mental wellness and self-care are critical tenets for suicide prevention strategies. As a parent or loved one, it is essential that you learn about depression symptoms.

Depression presents itself in different ways depending on the person. For some people, there is a noticeable change in behavior. They are always sad, lack energy, and seem disinterested in their family and friends.

Others exhibit extreme highs and lows. They are happy and energetic one day. The next day, they are bedridden and do not want to move.

This may be a sign of bipolar disorder, which can be a root cause of depression. Anxiety is another root cause of depression. Like bipolar disorder, both of these mental health conditions can be treated.

There are also outward expressions of negativity linked to depression. A depressed person may come off as irritable, pessimistic, and frustrated.

What Are Some Suicide Prevention Tips?

The old adage of “see something, say something” is true for suicide prevention. Missouri citizens have access to a suicide and crisis lifeline, 988. This will quickly put you in touch with experts on the subject.

They will respond quickly to your situation and deploy first responders if necessary. Also, suicide and crisis hotlines refer you to medical networks that can help as needed. In Missouri, you can receive treatment at any Compass Health Network location.

Compass has specialists in [behavioral health](#) and substance use disorder. They can help diagnose depression and other root causes that may lead to suicidal ideation.

Your Guide to Suicide Prevention Awareness Month

September is Suicide Prevention Awareness Month, and you are ready to do your part. Spotting the signs of depression and other mental health disorders is the first step. The next challenge is enlisting the help of medical professionals.

If you want to learn more about suicide prevention, [contact us](#) today to speak with a medical expert.

The Importance of Sports Safety and Preventing Injuries for Young Athletes

The benefits of youth sports are undeniable. A child that's involved in playing sports is [92% less likely](#) to do drugs and 80% less likely to get pregnant. They're also 3 times more likely to graduate than non-athletes.

These advantages don't discount the risks young athletes experience, though. Because sports are physical, the risk of injury is always there.

That's one reason why injury prevention is key. It's crucial that both adults and kids know the risks and rewards associated with sports. That way, they can make an informed choice on playing.

Below, we'll go over basic sports injury prevention tips and how to cope with an injury if it does happen.

General Sports Safety Tips to Know

Sports safety for kids starts with coaching. The right coach is aware of potential risks and is honest about them right away.

Always ask your child's coach about general safety tips specific to your child's sport.

Recent reports show that sports injuries are on the rise. UCLA Health found an interesting connection that explains this trend – [sports specialization](#).

There is a link between training volume, intensity, and injury risk. In recent years, more parents have pushed children towards intense, single-sport training. This can lead to repetitive micro-trauma and injury.

To combat this, make sure your child gets rest periods.

Injury Prevention Starts With Awareness and Vigilance

Once you're aware of the risks of the sport your child wants to play, learn the right way to handle them. Your child's coach should focus on first explaining the proper technique. This factor will prevent a huge amount of injuries.

Next, your coach should explain the proper conditioning that should take place. Conditioning prepares your child's body for the sport and protects them from injury.

Finally, the coach should focus on ensuring any equipment is safe, too.

These three factors are the main culprits behind most injuries. If you and your child stay aware of them, then an injury is much less likely.

Coping With Sports Injuries

If your child gets injured, consider seeing a [pediatric and family medicine](#) specialist. The sooner you see a doctor, the better for your child.

Listen to your child's doctor about how to cope with the injury. It's likely they will need to take time off from their sport of choice. They may even miss some school depending on the extent of the injury.

Risk Versus Reward: Keeping Young Athletes Safe

Child safety when it comes to young athletes is a balancing act. Sports are inherently risky, so you'll need to do your

best to stay aware and vigilant.

Know the signs of injury to watch for, and know what to do if your child does experience a common sports injury.

One important aspect of keeping your child safe is maintaining regular pediatric care. If you don't already have a regular doctor, then it might be good to establish care when your child joins a sport.

Contact [Compass Health Network](#) now to learn more about our services and how we can help.