

News From the Prevention Department

September 2024

In the United States from the years 2000-2018 suicide rates have increased 37% with more recent data indicating a peak of these rates in the year 2022. This epidemic has disproportionately targeted our Indigenous communities with overall suicide rates for Indigenous people being almost double that of those experienced by other ethnic groups within the United States. Indigenous youth are at the greatest risk as our Indigenous youth aged 10-24 experience the highest rates of suicide across all other demographic groups. This has resulted in suicide being the second leading cause of death among our youth aged 8-24. These rates are in part due to the increased risk that comes from overall health issues, intergenerational trauma, poverty, unemployment, homelessness, lack of knowledge within communities, among other factors.

Our community can fight back:

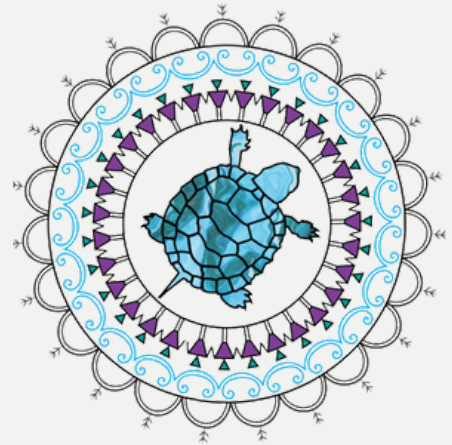
- Watch for warning signs - these signs can include increased substances use, changes in mood, or acknowledgement of thoughts on suicide among others.
- Know when and how to get involved - simply asking a person phrases such as “Are you ok?” or “Are you thinking about suicide?” can be crucial in getting a member of our community the support that they need.
- Build community support - involve our youth in significant cultural traditions to help establish a greater sense of belonging and unity within our community.
- Encourage community leaders to get involved - community leaders can play a crucial role by publicly emphasizing the message that if you are not ok or are thinking about suicide it is ok to talk to family, friends, Elders, or leaders in our community and that asking for help is a sign of strength.

For more information or help the National Native Children's Trauma Center, StrongHearts Native Helpline, and Zero Suicide are good places to start. For more immediate help please call or text 988 or chat online at 988lifeline.org.



WHAT'S IN THIS MONTH'S ISSUE:

- September is Suicide Awareness Month
- Upcoming Events

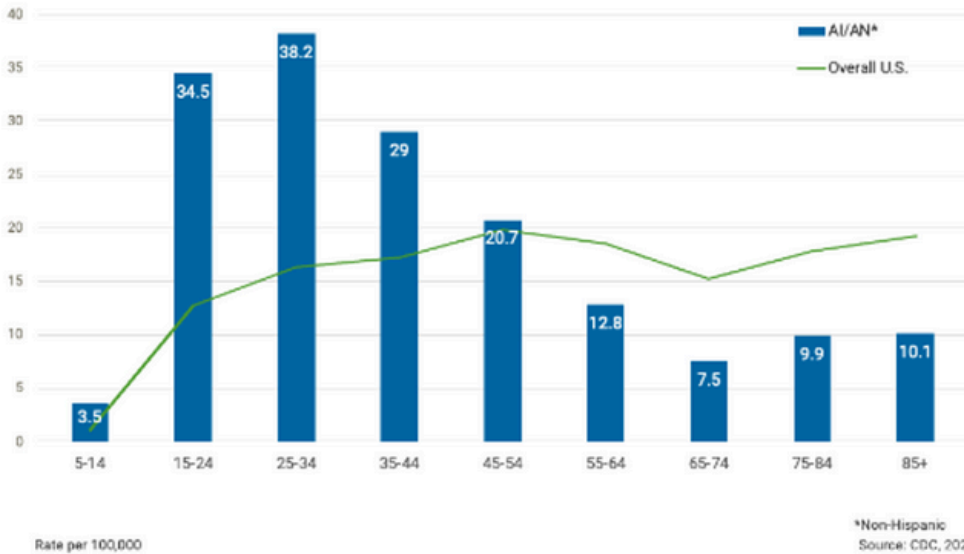


For More Information, please visit these helpful sites!

<https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Indigenous/Suicide-Prevention-in-Indigenous-Communities/>

<https://sprc.org/about-suicide/scope-of-the-problem/racial-and-ethnic-disparities/american-indian-and-alaska-native-populations/>

Suicide Rates Among American Indian and Alaska Native (AI/AN) Populations in the U.S. by Age, 2011-2020



Among American Indian and Alaska Native (AI/AN) populations, suicide rates peak among those ages 25-34 and decline at age 35. Suicide rates begin to increase again at age 75.¹

Watch for warning signs:

The warning signs associated with suicide are varied and can include the following behaviors.

- Talking about or making plans for suicide
- Expressing hopelessness about the future
- Displaying severe emotional pain or distress
- Withdrawal from social situations and family
- Changes in sleep
- Anger and hostility that is out of character or context
- Increased agitation or irritability

Upcoming Events

NATIVE connections
Honor your journey.

FALL PAINT NIGHT

Join us for a FUN Family Paint Night
Step by step instruction with Painter John McLaughlin, Jr.

Location:
Allegany Seneca Clubhouse
983 R.C. Hoag Drive
Salamanca, NY 14779

Date & Time:
Monday, September 23rd
5pm-7pm
Starting Promptly at 5pm.
please arrive 10 min before

RSVP:
Malesia Follman
716-945-8413 Ext. 3649

FACEBOOK:
Seneca Native Connections

SENECA NATION HEALTH SYSTEM

NATIVE CONNECTIONS ALLEGANY

MONDAYS & WEDNESDAYS
2:45PM-7:00PM

Honor your journey

Visit us at the Seneca Clubhouse
983 RC Hoag Drive
Salamanca NY
716-945-8413 Ext. 3649

All youth ages 12-17 Welcome

- We have board games, jewelry making, 3D printing, video games and more....

NATIVE connections Honor your journey. **SENECA NATION HEALTH SYSTEM**

