



MENTAL HEALTH PROVIDERS

National Children's

MENTAL HEALTH **AWARENESS WEEK** 2019

Every **12 minutes**, someone in the U.S. takes his or her own life. The suicide rate in Vermont is **35% higher** than the national average.

Suicide is the **2nd** leading cause of death among Vermonters ages 10-24 and the **8th** leading cause of death in Vermont.

VT had the **2nd** highest increase of any state between 1999-2016.

In 2016, **118 people** died by suicide, which means on average, someone dies by suicide in our state **every 3 days**.

Preventing Suicide: **EVERYONE** *Has A Role To Play*

**Are you confident
in working with suicidal clients?**

Using a trauma-informed approach to care can create a safe, accepting, and respectful space. This type of safety is needed for someone to reveal thoughts or behaviors associated with suicide and can promote healing and recovery from the trauma that may underlie these thoughts or behaviors.

**Talk with your supervisor
or team about:**

Screening Tools



Implementing



Trainings



Free



Free



More Resources:

List Of Resources

Confidential Crisis Line

Have You Visited VTSPC?



CRISIS TEXT LINE

Text VT to 741741
Free 24/7, Confidential

