



# HEALTHY KENT SUICIDE PREVENTION PLAN

## *Intervening in the tapestry of life – providing hope*

<b>Suicide Myth:</b>	<b>Suicide always occurs without any warning signs</b>
<b>Suicide Fact:</b>	<b>There are almost always warning signs</b>
<b>Suicide Myth:</b>	<b>Suicide only strikes people of a certain gender, race, financial status, age</b>
<b>Suicide Fact:</b>	<b>Suicide can strike anyone</b>
<b>Suicide Myth:</b>	<b>People who attempt suicide are weak</b>
<b>Suicide Fact:</b>	<b>They are in pain and probably have a chemical imbalance in their brain. Many people who are very "strong" die by suicide. It is estimated that 1 person out of 25 who attempt suicide, die by suicide</b>

### Data on Suicide

Michigan Deaths in 2010	
<b>Suicide</b>	<b>1,265</b>
<b>Homicide</b>	<b>611</b>
<b>HIV/AIDS</b>	<b>151</b>

Kent County Suicide Deaths in 2011	
<b>Total</b>	<b>= 61</b>
<b>43%</b>	<b>= between the ages of 1-39</b>
<b>57%</b>	<b>= age 40 years and older</b>
<b>84%</b>	<b>= males</b>

HEALTHY KENT SUICIDE PREVENTION PLAN is focused on:

- education about good mental health for school age children and college students
- assisting the community in understanding the stigma associated with mental illness and preventing suicide
- working with medical personnel, giving them resources to assist those who may attempt suicide and their families and friends
- establishing a support system for family members and friends who are impacted by suicide

The Healthy Kent Suicide Prevention Coalition believes in a suicide-free community. Suicide can be prevented if we all commit to working together. We know the warning signs and the risk factors. We know what works.

Check out the plan at [www.healthykent.org](http://www.healthykent.org). If you want to be involved or want more information please contact: **Sue Hood - hoodhome@att.net**

### Supporters of the Plan include:

*Area Agency on Aging of Western Michigan, Inc; Bethany Christian Services; Catholic Charities West Michigan; Cherry Street Health Services; City of Grand Rapids; D.A. Blodgett for Children; Forest View Hospital; Grand Rapids African American Health Institute; Healthy Kent 2020 Leadership Board; Healthy Kent Suicide Prevention Coalition; Healthy Kent Infant Health Implementation Team; Healthy Kent Perinatal Mood Disorders Coalition; Kent County Community Health Advisory Committee; Kent County Family and Children's Coordinating Council; Kent County Sherriff's Department; Hope Network; Network180; Our Hope Association; Pine Rest Christian Mental Health Services; Priority Health; Saint Mary's Health Care – Clinical Quality Management; Strong Beginnings – A Federal Healthy Start Program; Survivors of Suicide of West Michigan; U.S. Dept of Veteran Affairs; Wedgwood In-Home Services*