**Announcers Sheet (**two sided)

Please read this information when you can throughout the event. 1 at a time or a section. It’s up to you. Whatever works for your situation.

(do **NOT** dedicate this night to a specific Person or take a moment of silence for a specific person)

Suicide statistics for Veterans or Military Personnel

* 20-22 military personnel die by suicide a day
* The Army has highest suicide rate and the Navy has the lowest
* 20% of all American Suicide Deaths are Veterans.
* The biggest age spikes of suicide in Veterans are over 50 years old and 18-25 years old.
* National Suicide Hotline for Veterans 1-800-273-8255 then press 1

Suicide Statistics for Famers

* In 2016 it was found that farming is the occupation with the highest on the job suicide rate. The highest off the job suicide rate is Law Enforcement and Military.
* In 2002, a researcher found Dairy farmers are 16 times more likely to die by suicide compared to other farmers.
* Wisconsin Farm Center has a hotline manned by retired farmers for Farmers & Their families 1-800-942-2474 , they also will come to your home and talk to you or give you a voucher for free therapy.

General Suicide Statistics

* Men 45-54 have the highest suicide rate in Wisconsin
* Suicide most typically occurs when stressors — which can include economic challenges, social problems, or major life events — exceed a person’s current coping ability
* Ever wonder why suicide is so high in Wisconsin and the mid-west? It’s due primarily to:
  + Easy access to firearms, Culture of alcohol use and the lack of resources like therapists which leads to untreated depression and other mental health factors.
* Wisconsin has a HOPELINE which is text only and is available 24/7 free therapy #741741
* Iowa County has a Crisis Hotline - **(800) 362-5717**
* The phone numbers read tonight can be found on the display table at/ near

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Stress Relief

* A few things you can do for stress relief are: chew gum, color, laughter, exercise, take a nap, do an art project, listen to music, take a walk, hug someone or kiss someone.

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You can help yourself or someone else by using these resources:

* Hopeline – text 741741 -- Hopeline is not a crisis hotline, it is free therapy 24/7 and based out of Wisconsin. They will offer support and resources before situations rise to crisis level on any topic you are struggling with. Again that text number is 741741
* National Suicide Hotline 1-800-273-8255 or text 839863
* Iowa County Crisis Hotline is 1-800-362-5717
* Wisconsin Farm Center is 1-800-942-2472
* Apps you can down load on your phone to help with depression or anxiety. You can personalize the app for yourself. The apps are, Virtual Hope Box, Stay Alive and My3. These apps can be used to help relax you when you feel anxious, think positively, help walk you through a safety plan you create or just make you smile if you’re feeling down.
* If you know someone that is possibly suicidal and don’t know what to do you can down load the app “Suicide Crisis Support”, or “A Friend Ask” these are a couple of apps that will walk you through step by step of what to do and how to get help for someone that needs it.

Some things to say after a suicide attempt:

* I’m sorry you’ve been feeling so awful. I’m so glad you’re still here.
* I’m here for you. Remember that you can always talk to me if you need to.
* I want to help you. Tell me what I can do to support you.

Taking Care of yourself

* Supporting someone who has attempted suicide can be emotionally draining, stressful and exhausting. It is impossible to watch over someone 24/7.It is vital that you look after yourself and get the support you need. This is not something you need to deal with alone.

Conversations starters for Parents to talk to High School Students:

* “I read an interesting article about teen suicide rates increasing, have you heard about this?”
* “Your school is doing a suicide prevention week; are you going to any of the events/training?”
* “Is suicide something you and your friends discuss? Is it something you’ve thought about?”
* “Even if this isn’t an issue for you personally, let’s sit down and talk about this topic because it’s really important.”
* “Have you ever felt really overwhelmed by school, life or relationships and not known how to express those feelings in a healthy way?”

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College Students & Depression

* College depression is a common problem. College students face challenges, pressures and anxieties that can cause them to feel overwhelmed, in their new environment. Encourage your student to **take it one step at a time** avoid doing too many things at once. Urge your child to **take care of themselves by** getting daily exercise, eat well, spend time in nature, get enough sleep, and avoid alcohol and drugs. **Spending time with supportive** family members and friends or seek out student support groups can also help.
* If your college-bound child has risk factors for or a history of depression, make sure he or she takes this into consideration when applying to colleges. Talk about whether choosing a college close to home or a small college might make the transition easier. In addition, help your child become familiar with campus counseling resources. If necessary, consider finding a doctor or therapist closer to campus to provide therapy or monitor medication.
* Signs and symptoms of depression might be difficult to notice if your child isn't living at home. College students also might have difficulty seeking help for depression out of embarrassment or fear of not fitting in. Getting treatment at the earliest sign of a problem can relieve symptoms and help students succeed in college.
* The rule of thumb is simple: IF you believe you need help, you do. Call or text a hotline.
* Senior year in High School is a busy time for students. It’s also an important time for students to think about the new demands of college and how to best cope with them. As your child prepares to leave the nest, the following suggestions can help them build confidence, self-discipline and independence.
  + **Build Independence** -
  + **Increase Responsibilities -**
  + **Focus on school and create good study habits**
  + **Improve their mental health -** Helping students learn to value themselves, take care of their bodies, and surround themselves with good friends.
  + **Get to Know your Schools Resources** -
* How to Support your college student:
  + Set up a regular Skype Date to talk and occasionally, check in on their mental health
  + Get to know the roommate
  + Send mail and care packages
  + Visit or pay for them to come home
  + Encourage Involvement in School organizations

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Conversations starters for Parents to talk to their College Students:

* “Did you know that 1 in 12 college students have made a suicide plan at some point during college?”
* “Do you feel that you’ve excessively used drugs or alcohol to combat feelings of depression? Is there a healthier way to deal with these feelings?”
* “What do you think of your campus’s mental health services? I saw that free counseling is available.”
* “Do you have any friends who are suffering from depression or suicidal thoughts? What resources can you share with them?”
* “It’s been three weeks since you broke up with your high-school girlfriend/boyfriend. How are you feeling about that?”
* “Being away from home for the first time can be hard the first few months. Would you like to come home for fall break? Would you like for us to come see you?”
* “Have you had any suicidal thoughts as you’ve settled into college life?”
* “Are you maintaining a healthy schedule to make sure your assignments get turned in on time and you don’t get overwhelmed or depressed about school?