

## ***Signs and Symptoms of Depression***

### ***The Strongest Risk Factor for Suicide is Depression***

- Persistently sad, anxious, irritable
- Loss of interest in previously enjoyable activities
- Withdrawal from friends and family
- Trouble sleeping/over- sleeping
- Feeling tired or rundown
- Marked change in appetite/weight
- Anger and rage
- Overreaction to criticism
- Feeling unable to meet expectations
- Difficulty thinking, concentrating, remembering or making decisions
- Feeling restless or agitated
- Feelings of worthlessness, hopelessness, or guilt
- Persistent physical symptoms such as headaches, digestive problems, or chronic pain that do not respond to routine treatment
- Substance abuse problems
- Recurrent thoughts of death or suicide

Having several of these symptoms that last for two or more weeks could be a sign of depression.

Information adapted from [www.jedfoundation.org](http://www.jedfoundation.org) (The Jed Foundation) and [www.dbsalliance.org](http://www.dbsalliance.org) (Depression and Bipolar Support Alliance)

## ***The Mission of the Berrien County Suicide Prevention Coalition***

To connect the people of Berrien County to the information and resources they need for emotional wellness, thereby preventing suicide.

**National Crisis  
and Suicide Hotline  
1-800-273-TALK (8255)**

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**BerrienCares.org**

[berriencaresmi@gmail.com](mailto:berriencaresmi@gmail.com)  
269-588-1133



Berrien County  
**Suicide  
Prevention  
Coalition**  
Advancing Resiliency to End Suicide

## ***What is the Berrien County Suicide Prevention Coalition (BCSPC)?***

In December 2012, twenty-two concerned citizens met over lunch to discuss the need for suicide prevention in Berrien County and what could be done.

Since that time, the involvement of many primary interest groups in the community such as Riverwood, Spectrum Health Lakeland, Berrien County Health Department, Berrien RESA, the Veterans Administration and others has been gained.

As of the summer of 2014, the group officially became an advisory committee of Berrien County Mental Health Authority (Riverwood) and can receive tax-deductible contributions.

Meetings are open to the public. They are normally held on the third Tuesday of the month from noon to 1 pm at Riverwood Center.

## ***What Does Suicide have to do with Me and Our Community?***

Prevention occurs at all levels of society—from the individual, family, and community levels to the broader social environment

Suicide is the 10th leading cause of death in the U.S. (homicide is 16th)

Suicide takes the lives of nearly 40,000 Americans every year

An average of one person dies by suicide every 40 seconds worldwide

For young people 15-24 years old, suicide is the second leading cause of death

It is estimated there are 8 to 25 suicide attempts to each completed suicide

*Source: CDC, AAS*

## ***But, there is Hope. Did You Know . . .***

**Suicide can be prevented through education and public awareness**

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**Research has shown medications and therapy to be effective suicide prevention**

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**80% of people that seek treatment for depression are treated successfully**

*Source: SAVE.org*

