



HEALTHY KENT SUICIDE PREVENTION PLAN

Intervening in the tapestry of life – providing hope

Suicide Myth:	Suicide always occurs without any warning signs
Suicide Fact:	There are almost always warning signs
Suicide Myth:	Suicide only strikes people of a certain gender, race, financial status, age
Suicide Fact:	Suicide can strike anyone
Suicide Myth:	People who attempt suicide are weak
Suicide Fact:	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

Facts about Suicide

Michigan Deaths in 2007

Suicide	1,123
Homicide	702
HIV/AIDS	186

Kent County Suicide Cases in 2009

Total 72
47% between the ages of 1-44
53% age 45 years and older

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. If you want to be involved or want more information please contact Barb.Hawkins-Palmer@kentcountymi.gov

Supporters of the Plan include:

Arbor Circle; Area Agency on Aging of Western Michigan, Inc; Bethany Christian Services; Catholic Charities West Michigan; Cherry Street Health Services; Child & Family Resource Council; City of Grand Rapids; D.A. Blodgett for Children; Forest View Hospital; Grand Rapids African American Health Institute; Grand Valley Health Plan; Healthy Kent 2010 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 Sheriff's Department; Hope Network; NAMI of Kent County (National Alliance on Mental Illness); network180; Our Hope Association; Pine Rest Christian Mental Health Services; Priority Health; Proaction Behavioral Health Alliance; Saint Mary's Health Care – Clinical Quality Management; Strong Beginnings – A Federal Healthy Start Program; Survivors of Suicide of West Michigan; Wedgwood In Home Services