

Local Highlights

A WALK FOR SUICIDE AWARENESS

REMEMBERING, HONORING AND SUPPORTING
those who have been impacted by suicide.

Petros Lake Park: Woodland Shelter at The Mindfulness Walk

3519 Perry Dr. SW, Canton 44706

Sunday, August 28, 2022

REGISTRATION: 9:30 AM
WELCOME & OPENING REMARKS: 10:00 AM
WALK BEGINS: 10:30 AM
CLOSING REMARKS: Immediately following

All participants will receive a special candle for
World Suicide Prevention Day on September 10. This
free event is rain or shine and open to the public.
The Mindfulness Walk is a one-mile nature trail.
Please wear good walking shoes.

Sponsored by the Stark County Suicide
Prevention Coalition

Free seed packets gifted by Stark Parks

Will you walk with me?



The annual Suicide Awareness Walk

*"Remembering, honoring and supporting
those who have been impacted by
suicide. The Stark County Suicide
Prevention Coalition invites all
individuals impacted by suicide loss,
those struggling with suicidal thoughts,
and those wanting to show support to
prevent suicide to come walk with us!"*

Check out more details here:

Walk Event Information

And follow:
**Stark County Suicide Prevention
Coalition**

What is 988 ?

You may have seen or heard about 988 on social media. So what is it?

"988 builds on the existing National Suicide Prevention Lifeline system and will provide 24/7, free and confidential support to Ohioans in a behavioral health crisis. It is a direct connection to compassionate, accessible care and support for anyone experiencing mental health related distress – whether that is thoughts of suicide, mental health or addiction concerns, or any other kind of emotional distress."

check out the facts:

Mental Health and Addiction Emergency or Crisis?

Mental Health and Addiction EMERGENCY

A mental health and/or addiction emergency is a life-threatening situation. An immediate response from law enforcement or medics is needed. A person may be actively trying to harm themselves or someone else. In other situations, a person may be out of touch with reality, be unable to function properly, or may be out of control.

Examples of mental health and addiction emergencies are:

- Active suicide threat.
- Threatening harm to self or others.
- Self-injury that needs medical attention.
- Severe intoxication.
- Inability to care for oneself.
- Apparent drug overdose.

If someone is having a mental health and/or addiction emergency, CALL 911.

What to expect when you call 911:

- A dispatcher will answer your call and ask about your emergency.
- Local law enforcement or paramedics will be sent to your location.
- In some cases, a crisis intervention team will accompany law enforcement.
- You will get help dispatched immediately.
- You may be transferred to 988, if appropriate.

911



Mental Health and Addiction CRISIS

A mental health and/or addiction crisis is not a life-threatening situation. Intervention may be possible without an immediate response by law enforcement or medics. A person may be thinking about hurting themselves or someone else or may be extremely emotionally upset or distressed.

Examples of a mental health and addiction crises are:

- Talking about suicide or planning to harm oneself.
- Talking about harm to self or others.
- Self-injury that doesn't need immediate medical attention.
- Overuse of alcohol or other drugs.
- Extreme depression, anxiety, or other mental illness symptoms.

If someone is having a mental health and/or addiction crisis, CALL 988.

What to expect when you call 988:

- A trained professional will answer your call.
- The professional will ask you to describe your crisis.
- In many cases, the professional will assist you over the phone and link you to additional care as necessary.
- In some cases, a mobile team will be sent to your location.
- If necessary, the person experiencing a crisis will be taken to a stabilization facility.
- You may be transferred to 911, if needed.

988



988 SUICIDE & CRISIS LIFELINE

mha.ohio.gov/988



Our Focus

Question. Persuade. Refer.

QPR is an evidence-based training that teaches three simple steps anyone can learn to help prevent suicide. Just like CPR, QPR is an emergency response to someone in crisis and can save lives. QPR is the most widely taught Gatekeeper training in the world.

Want to help prevent suicide in Stark County but not sure how to help?

[Register Today](#)



Youth Mental Health

Why are check-ins key?

Having small but frequent interactions with your child can make it easier to have a big conversation when you need to. Learn some helpful tips below:

[5 Tips for Talking to Your Teenager About Mental Health](#)

[How to talk with youth and young people](#)

Let us know

StarkMHAR wants to know what YOU want to know! What kinds of things do you want to find out about in this newsletter? Tell us now on this anonymous, one-question form!

[Go to form](#)

Follow us on social for mental health (& more) content!



You are receiving this eNewsletter because you, or your organization, works within the Stark County system of caring for children and families with mental health and/or addiction-related challenges, or because you have signed up to receive StarkMHAR updates.