



PANORAMA

Geauga County Board of Mental Health and Recovery Services

24/7 Geauga County Crisis Hotline
 Call COPELINE at 1-440-285-5665 or 1-888-285-5665

CRISIS TEXT LINE

Text 4hope to 741741 for Free, Confidential, 24/7 Support

Suicide Prevention Warning Signs, Do's & Don'ts, Where to Find Help

According to the Substance Abuse and Mental Health Services Administration, nearly 40,000 people in the United States die annually from suicide, or one person every 13 minutes. More people die from suicide than from automobile accidents. Suicide is a serious public health problem that causes pain, suffering and loss to individuals, families and communities.

These warning signs may mean that someone is at risk for suicide, especially if the behavior is new, has increased or is related to a painful event:

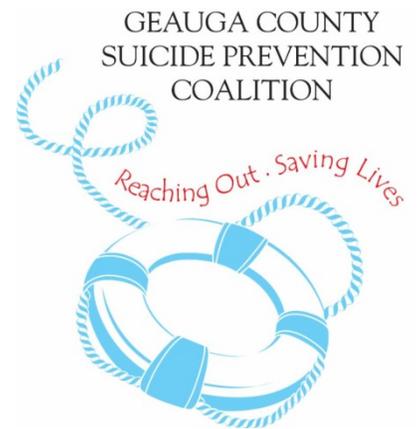
- Talking about wanting to die or kill one-self
- Looking for a way to kill one-self
- Previous attempts
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Behaving recklessly
- Showing rage or talking about seeking revenge
- Sudden happiness after extended depression
- Tying up loose ends, making a will
- Giving away possessions

What you can do:

- Ask questions
- Assess the danger
- Listen without passing judgment
- Encourage expression of feelings
- Be empathetic
- Stay calm
- Tell others and get help

What you shouldn't do:

- Leave the person alone
- Dare the person or try "reverse psychology"
- Minimize the issue
- Promise confidentiality
- Offer empty reassurances
- Argue or lecture
- Encourage guilt
- Make moral judgments
- Go it alone



If you or someone you know is having suicidal thoughts, don't wait! Take action! If danger is imminent call 911! If there is no immediate danger, call our local COPELINE, 24 hours a day, seven days a week at (888) 285-5665. You can also call the National Suicide Prevention Lifeline at 1-800-273-8255 or text 4hope to 741741, a 24 hour Crisis Text Line. Suicide may and can be prevented. With Help comes Hope.

Vaping is Popular Among Teens

Vaping is the use of an electronic/battery operated device that is designed to turn nicotine and other substances into a vapor that is then inhaled. These devices can resemble cigarettes, cigars, pipes, pens, or even USB memory sticks. E-cigarettes are popular among teens and represent the most commonly used form of tobacco among youth. Most teens probably don't know that vaping is as addictive as smoking.

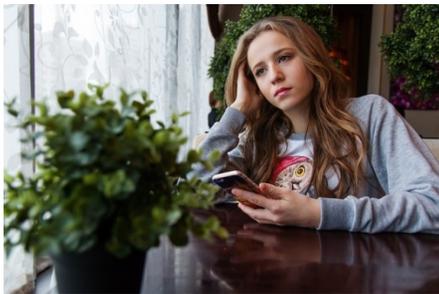


Monitoring the Future is an annual survey of 8th, 10th, and 12th graders conducted by scientists and researchers at the University of Michigan. Since 1975, the survey has measured drug, alcohol and cigarette use, along with related attitudes among adolescent students nationwide. The 2017 *Monitoring the Future* survey results show that both vaping and marijuana are more popular than traditional cigarettes or the misuse of pain relievers.

Nearly 1 in 3 students in 12th grade used some kind of vaping device in the past year, This raises concerns about the impact on their long term health. The results also showed the following grades vaping in the past year: 8th - 13.3%; 10th - 23.9%; 12th - 27.8%. The survey asked students what they thought was in the vaporized mist the last time they smoked. The substances teens are vaping range from nicotine to marijuana to just flavoring. Many teens did not know what was actually in the device they used. Among high school seniors, 1 in 10 reported using nicotine and about 1 in 20 reported using marijuana in their device.

Go to www.drugabuse.gov for more results from the Monitoring the Future survey, fact sheets on the health effects of drug abuse, information on the National Institute on Drug Abuse (NIDA) research and other activities. NIDA supports most of the world's research on the health aspects of drug abuse and addiction.

It's Not Just Puppy Love: Teens and Dating Violence



When most people hear about domestic violence, they tend to stereotype and certainly think that abuse could never affect them or someone they know or love. In adolescence, and with the influence of the media, certainly the sense of "what is normal" might be a bit distorted.

Discussing intimate relationships with young adults has never been more crucial. In an effort to gain independence from their parents, many young adults tend to rely on their peers for dating advice and support. This said, we all have a responsibility to keep adolescents safe.

Know the warning signs of abuse:

Physical signs of injury
Emotional outbursts

Changes in personality
Isolation

Truancy or failing grades
Indecision

Encourage your local school district to invite WomenSafe into the classroom. The agency offers the Healthy Relationships Program. This unique opportunity teaches students about building healthy relationships, recognizing warning signs of abuse, and understanding the dynamics of control in dating relationships.

For more information or to schedule a presentation with the Geauga County Education Coordinator, please call 440-286-7154, ext. 240, or email outreach@womensafe.org.

This Healthy Relationship Program is funded in part by the Geauga County Board of Mental Health and Recovery Services. This and all WomenSafe programs are provided free of charge.

Parents and teachers can play a critical role in the prevention of dating violence. If you would like an amazing resource, visit: <https://www.domesticshelters.org/domestic-violence-articles-information/survey-says-parents-just-don-t-understand#.WnINra6nGM->