



## Fun Facts

The average weight of the adult human brain is three pounds

The human attention span is shorter than a goldfish

When You Die You Have 7 Minutes of Brain Activity Left, Which Is Your Brain Playing Back Memories In A Dream Sequence

## Suicide Awareness Month

As you may know, September is suicide awareness month. As the Psychology Club, we try to shed as much light on subjects like these to better help our community. In 2022, there were more than 49,000 suicides in the United States, largely within the 12–18-year-old range. Most often you would hear “You’re just a kid, what do you have to be depressed about?” However, these age groups take the lead in suicide rates. Unfortunately, suicide discussion is still a very sensitive topic for many, and that can make people with suicidal ideation feel they cannot be expressive on the subject. In the course of one year, suicide percentage rates have risen by 2.3%. What may not seem like much, it is everything to someone’s mother, father, grandparent, and friend. Though this month is dedicated to suicide prevention, there is never a time you should feel hesitant about talking to someone about your thoughts and if someone you know has suicidal thoughts. Resources are always a phone call, a mile, or a friend away.

By Alyssa Petito

## Upcoming Events:

### Interest Meeting:

September 5, 2023

Cottrell 237

6-7 pm

### Team Bonding:

September 12, 2023

Cottrell 236

6-8 pm

## In The News Today

New psychology research sheds light on the link between different Disney princesses and young children’s body esteem

Anger, The Forgotten Emotion Unveiled: How Trauma Influences Problem Anger

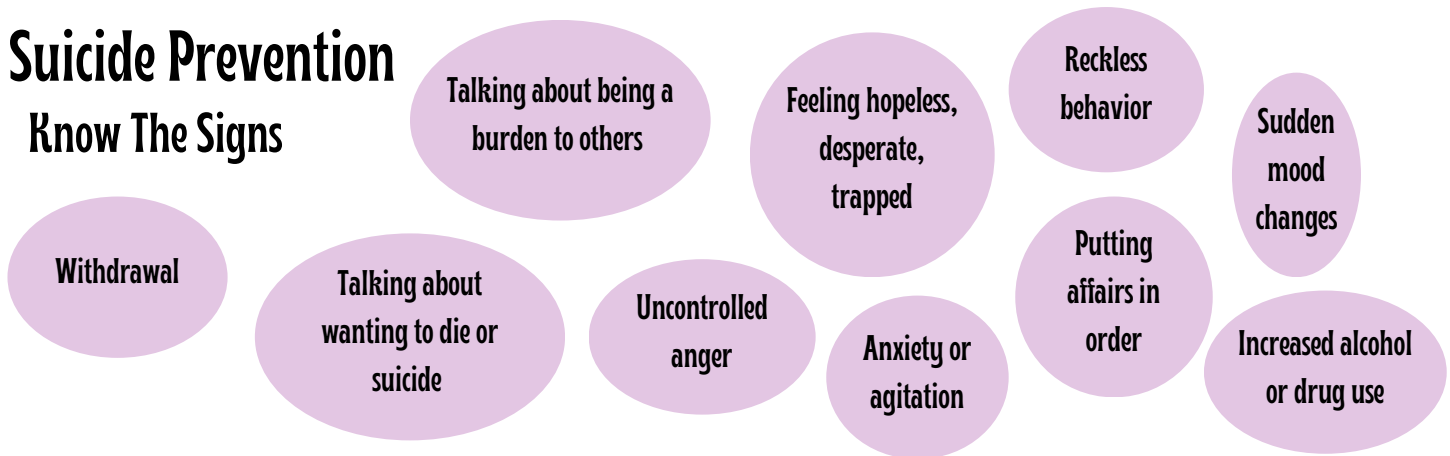
Choosing to Treat Stress as Positive Has Benefits

Tips to ease into fall and avoid ‘autumn anxiety’

Claire Golomb, Holocaust survivor and child psychology scholar, dies at 95

# Suicide Prevention

## Know The Signs



## Find The Words

### 1. Start the conversation.

Before starting the conversation, be prepared. Practice what you will say. Plan the conversation. Carefully mention the signs so the conversation does not seem unprompted. Ask **DIRECTLY** about suicide. Remember that mentioning it does not put the idea of it in their head. If the person answers YES to questions like, "Are you thinking of ending your life?" immediately get help but do not leave the individual alone.

### 2. Listen, express, concern, reassure.

Listen to the reasons the individual has for both living and dying. Validate that they are considering both options and mention that living is an option for them. Let the person know that YOU CARE.

### 3. Create a safety plan.

Ask the person if they have access to any lethal means (weapons, medications, etc) and help remove them from the vicinity. Create a safety plan together. Get a verbal commitment that the person will not act upon thoughts of suicide until they have met with a professional.

### 4. Get help.

Provide the person with the resources you have come prepared with. Call or text 988 or chat [988lifeline.org](https://www.988lifeline.org) to reach the Suicide & Crisis Lifeline.

## Resources

Call or text 988.

Chat with  
<https://www.988lifeline.org/>

[suicideispreventable.org](https://www.suicideispreventable.org)

By Sara Jameson

## Career of the Month Disaster Mental Health Consultants

### What is it?

Consultants assist survivors of traumatic events and help them cope. Can also provide psychosocial support to first responders. They use their skills to understand the impact of events on survivors.

### Requirements?

Licensed as a social worker, psychologist, professional counselor, marriage and family therapist, or psychiatrist.

## Special Thanks To:

Thank you to Maggie Weinbaum and Mahoney Cyr for working so hard over the summer on the psychology club.



Follow us on Instagram!

[hpu\\_psychologyclub](https://www.instagram.com/hpu_psychologyclub)



Have any questions or suggestions for the newsletter?

[sjameson@highpoint.edu](mailto:sjameson@highpoint.edu)

[gghando1@highpoint.edu](mailto:gghando1@highpoint.edu)