

# Rosario Counseling & Associates, PLLC

September Newsletter 2014

## Suicide Prevention: Choosing to Live Despite How You Feel

World Suicide Prevention Day September 10, 2014

### Robin Williams



Actor & Comedian

### Samone Battle



Singer & Finalist on X Factor

### National Suicide Prevention Lifeline

1-800-273-8255

[Website](#)

### Treatment Advocacy Center

1-800-SUICIDE  
(1-800-784-2433)

[Website](#)

### Triangle Coalition for Suicide Prevention

919-231-4525 or  
toll free 1-877-235-4525

[Website](#)

Countless Americans have experienced a suicidal thought in their lifetime as frightening as it may be it often passes without incident yet there are a staggering number of people that live with chronic suicidal thoughts. Living with suicidal thoughts can be manageable; with many individuals choosing to live despite how they feel or think. Experiencing suicidal thoughts does not mean a person will act on them.

The recent suicides of **Singer Samone Battle & Actor and Comedian Robin Williams** came as a shock, however their death has sparked national attention on depression that can lead to a desperate need to relieve intensely painful feelings and self-destructive thoughts.

Surviving suicidal thoughts is about learning how to find relief without resorting to suicide.

***Managing these thoughts rather than them managing the person is the Key.***

#### » **Seek Professional Help**

Set up an appointment with a Licensed Counselor for an assessment. Together a treatment plan is formed and recommendations are discussed. In counseling you develop tools to equip you with ways to manage depression and suicidal thoughts.

#### » **Call a Suicide Hot Line**

[Suicide Hot Lines](#) are **FREE**. Hot-lines are equipped with volunteers and/or counselors trained to assess suicide risk and provide support to callers in crisis, relatives, friends and support people concerned about a person struggling With Suicide.

#### » **Create an Action Plan**

An action plan is designed to maintain safety for the times when you are at risk of acting on your suicidal impulses. Determine safe places (typically public places); activities that distract you from self-destructive behavior, safe people, include a complete list of your healthcare team and contact information as well as hot-line phone numbers.

SEPTEMBER 9-15  
**National Suicide  
Prevention Week**



## **Rosario Counseling & Associates PLLC**

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[Website](#)  
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Office hours 8:30am  
-5:30pm

**Robin Rosario** MA., LPCS



Contact Robin to schedule an appointment if you or if you know someone who is suffering from suicidal thoughts or attempts.

**919-649-5882**

### **»Reach Out To Your Support Network**

You do not have to suffer in silence. Reach out to family, friends and/or clergy that you can share what you're experiencing. Many find a refuge in those they trust and can confide in.

### **»Minimize Time Spent Alone**

Isolation can feed suicidal thinking and depression. Make plans in advance for times of day such as evenings or days of the week such as weekends that you tend to struggle the most. Plan to be out of the house, ask others to be with you at vulnerable times.

### **»Consider an Assessment for Medication**

Talk with a Psychiatrist about the possibility of regulating the chemical imbalance of moderate to severe depression with medication and its effects on decreasing suicidal thinking. Psychiatrists specialize in the medication management for such conditions and will often collaborate with your counselor.

### **»Minimize the Danger**

To maintain personal safety remove access to guns, pills, knives, or other objects that could be used in a suicide attempt. Lock up these items or hand over to a safe and trusted person. At the very least leave the environment that poses the risk.

### **»SAY "NO" to Alcohol and Drugs**

Alcohol and drugs may temporarily act as an anesthesia to pain however it impairs one's ability to use good judgment making you vulnerable to impulsive feelings such as high risk behaviors such as suicide.

### **»Focus On the Reasons to Live**

Acknowledge the blessings in your life. Consider the injury your suicide would cause people in your life. Is this the legacy or lasting memory of yourself you want to leave them? Recall your pet that needs your tender loving care. Are there life goals to fulfill? Consider the value of your faith. For much faith provides the motivation and support to have hope through the tough times of depression.

### **»Replace Negative Self-Talk**

The dialog you have in your mind with yourself is referred to as self talk. Self-talk can be positive; essentially building you up or negative becoming self destructive tearing you down over time. Once a destructive, dangerous or in other words unhealthy thought enters your mind and takes it captive replacing it with truthful statements, affirmations or words of encouragement. People of faith often draw strength from meditating on scripture during their crisis.

### **»Distract Yourself**

Often deep depression is accompanied by waves of suicidal thinking. To remain safe you may need to distract yourself for a period of time until the wave passes. Consider taking in a movie, visit a museum, run errands, focus on activities such as Sudoku, play with a pet or call a support person.

