

September 1, 2022  
Senior Life Solutions  
Cheyenne County Hospital  
(785) 332-2711

**Community Members Invited to join Senior Life Solution, Cheyenne County Hospital with  
Suicide Prevention & Awareness Month**

**Saint Francis Kansas** – September is Suicide Prevention & Awareness Month. **Cheyenne County Hospital's, Senior Life Solutions** is raising awareness about suicide. Please join us in wearing teal and purple on September 22, 2022 in support of Suicide Prevention Awareness.

According to the American Foundation for Suicide Prevention (AFSP), there are, on average, 130 suicide deaths and an estimated 1.2 million suicide attempts in 2020. Each September, many across the country work together to help bring awareness to suicide and encourage education to help in the prevention of more lives lost.

“By raising awareness and educating people about the signs that can indicate someone is having suicidal thoughts or are possibly in danger of attempting suicide, we can help to prevent suicide from happening,” says Senior Life Solutions, Interim Regional Director, Whitney Feldman.

“Suicide Prevention and Awareness Month is a chance to take time to stop and assess yourself and those around you to ensure those who need help have access to it and aren't living at risk.”

**Senior Life Solutions** is **Cheyenne County's** program designed to meet the unique needs of individuals typically 65 and older, experiencing depression and/or anxiety related to life changes that are often associated with aging.

If you or someone you know is struggling with a decline in mental health, our program wants you to know we are here to help. Whether through our program, or another service, our team works to identify and address the emotional needs of those in our community and provide support.

If you or someone you know is in an emergency, call 911 immediately. If you are in crisis or are experiencing difficult or suicidal thoughts, call or text the Suicide and Crisis Lifeline at 988.

**If you need more information, education, or would like to discuss support, please call (785) 332-2711.**