Helping a Loved One in Crisis

While you may be able to identify and assist a loved one in crisis, you can’t possibly be expected to provide them with the unique counseling they may need. Instead, you can help by calmly, directly and sympathetically asking them about suicide and helping them connect with mental health services that are available in your community. And doing so might just save their life.

Look for warning signs
It’s not always easy to determine if someone you care about is in crisis or at immediate risk of suicide, but they may show one or more of the following warning signs:
• Previous suicide attempts
• Poor performance at work and/or school
• Giving away prized possessions
• Sudden and extreme changes in eating habits, losing or gaining weight
• Comorbid mental health disorders
• Withdrawal from family and/or friends
• A sudden increase in positive mood (after other indications of suicidal thoughts or long-term depression)
• Sudden change in physical appearance and/or personality
• A feeling of disconnection from loved ones; sense of overwhelming loneliness
• Talking about wanting to die or to kill oneself, even in a “joking” manner
• Talking about being a burden to others
• Sleeping too little or too much; extreme changes in sleeping patterns
• Showing rage or talking about seeking revenge
• Increasing the use of alcohol or drugs
• Excessive risk-taking

If you see these signs, let them know you care, keep them safe, and do whatever you can to connect them with mental health services. If you think they’re in immediate danger, contact the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or text “4HOPE” to the Crisis Textline at 741741.

Finding The Help They Need

There are lots of local, state and national suicide prevention resources and providers. These are some of the organizations and sources that can help you find them.

• The National Suicide Prevention Lifeline provides 24/7 access to crisis counselors who can provide support and/or advice when someone has an immediate need. You can call 1-800-273-TALK (8255) and be connected to someone right away. It’s important to note that the Lifeline is not a replacement for behavioral health counseling, but it can help get someone you care about through a crisis until they can get access to formal counseling.

• The Crisis Textline also provides 24/7 access to crisis counselors for people who prefer to engage through text messaging. Everyone is guaranteed a response within 5 minutes. You or the person you’re trying to help can text “4HOPE” to 741741. Once again, this is not a replacement for behavioral health counseling, but it can offer more immediate professional assistance.

• The Ohio Department of Mental Health & Addiction Services maintains an Ohio Mental Health Provider map. Just click on your county to see available mental health providers in your area.

• The Ohio Department of Medicaid also has a searchable list of health providers who accept Medicaid. To search for mental health providers in your area, select your county and then under “Provider Type,” click “Clinical Counseling,” “Mental Health Clinic,” or “Psychology.”

For more information, go to: https://agri.ohio.gov/wps/portal/gov/oda/gotyourback or #gotyourback

Crisis in the Farmland

Farmers give so much of themselves to this life they love, which directly contributes to the health of the industry, making it number one in Ohio. They face many factors that are out of their control, making it even more stressful. Weather has been a huge factor for stress this year, with planting season being delayed, and now praying that harvest yields will be high, and that prices improve. Farmers often spend long hours working alone which can directly affect their farm family.

Mental health isn’t something many are comfortable talking about. But it is something every single person has to deal with. We live in a high paced, high stress world. In 2016, the National Institute for Occupational Safety and Health found that farmers also have the highest rate of death due to stress-related conditions, ranging from heart disease and hypertension to ulcers and nervous disorders.

Ohio Department of Agriculture, Ohio Farm Bureau, Ohio Mental Health and Addiction Services, and The Ohio State University, alongside several other ag entities, have partnered together to provide resources to the rural community through the “Got Your Back” campaign. The website provides farmers and farm families with where to find help, family support, other resources, and even resources for citizens of the community to recognize and intervene when they see someone struggling – because we all struggle at times. Social media often shows the perfect little families, and not the struggles and triumphs people face. Same goes for farming. Encourage each and every one of you to start talking, end the stigma, and share your struggles with others. You are not alone...and remember, YOU ARE MORE THAN YOUR FARM.
Working-aged men (25-54 years old) account for the largest number of suicide deaths in the U.S. These men are also the least likely to receive any kind of support. They don’t talk about it with their friends. They don’t share it with their family. And they don’t seek professional treatment. They are the victims of problematic thinking that says mental health disorders are unmanly signs of weakness.

The website Man Therapy gives men a resource they desperately need, to help them with any problem that life sends their way, something to set them straight on the realities of suicide and mental health, and in the end, a tool to help put a stop to the suicide deaths of so many men.

We know many men experience suicidal thoughts, believe they are the only ones, and become hopeless as a result. We also know many types of interventions and mental health services that effectively prevent suicide exist. The problem has been successfully bridging the two, and men have continued to die without linking to a life-saving treatment or other intervention.

The goal of Man Therapy is to show working age men that talking about life-saving treatment or other intervention.

Check the weather, check the markets, pay the land rent, prepay seed, contract next year’s crop, take the kids to the doctor…

To-d0 list and bills can seem non-stop. In farming, there’s a lot out of your control, creating stress that can potentially lead to serious impacts on your well-being. Check in on yourself, your employees, or family to manage stress and remain resilient.

Remember that to take care of others, you must take care of yourself.

Opioid Risk Quiz

Some prescription pain medications — called opiates or opioids — are potentially addictive, especially if they are misused. Opioids are a group of drugs that includes morphine, methadone, codeine, hydrocodone, hydromorphone, oxycodone, buprenorphine, and fentanyl. Vioxx®, Lortab®, Percocet®, OxyContin®, Dilaudid®, and Demerol® are common brand names of opioids. Before taking opioids, it is important to identify your level of risk for addiction.

Certain people have personal factors that place them at higher risk of addiction. If you take opioid medications to manage your pain, or are considering doing so, take the quiz below to learn more about your risk level.

Family History of Substance Abuse
1. Alcohol Yes No
2. Illegal drugs Yes No
3. Prescription drugs Yes No

Personal History of Substance Abuse
4. Alcohol Yes No
5. Illegal drugs Yes No
6. Prescription drugs Yes No

Age
7. (Mark Yes if 16-45) Yes No
8. (Mark Yes if 46-64) Yes No

Abuse History
9. History of Preadolescent Sexual Abuse Yes No

Psychological Disease
10. Attention deficit disorder, Obsessive compulsive disorder, Bipolar disorder, or Schizophrenia Yes No
11. Depression Yes No

Scoring:
Give yourself 1 point for every Yes answer, and use the scoring chart below to determine if you are likely at risk for opioid addiction.

Low Risk 0-3

Moderate Risk 4-7
Score: High Risk >=8

You can lower your chance of addiction by choosing non-medication treatment for your pain, or using safer (non-opioid) medications. Talk with your doctor about other ways to minimize your risk, and visit takechargeohio.org to find more information and resources to take charge of your health and manage your pain safely and responsibly.

From takechargeohio.org

Firearm Suicide Prevention

• Someone in Ohio dies by suicide every five hours.
• Guns are the most deadly method of suicide.
• 60.6% of Ohio firearm deaths in 2016 were suicides.*

Do You Have Your Buddy’s Back?

For gun owners, protecting your family and friends involves more than keeping them safe from accident or attack, it also involves being aware of the warning signs of suicide and the steps to prevent it. Together, we can protect our families, friends and freedom.

Suicidal urges are impulsive and brief.

Depression can last a long time, but suicidal urges can last for just a few minutes. Temporarily putting time and distance between a suicidal person and a gun can save a life. If your buddy had too much to drink, you would offer to hold onto his or her car keys until he or she sobered up. So when

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