



September 2025

Coming in SEPTEMBER
9/1- OFFICE CLOSED
FOR LABOR DAY

9/9- NAMI BOARD OF
DIRECTORS

9/11-MHRS BOARD OF
DIRECTORS

9/17-APPALACHIA
OHIO SUICIDE
PREVENTION
CONFERENCE

9/19-RECOVERY
SUMMIT 2025

9/25: APPALACHIAN
STORIES OF
RESILIENCE &
RECOVERY SUMMIT

Shining a Light on Suicide Prevention



Muskingum Area Mental Health & Recovery Services Board

September is Suicide Prevention Month, a time when communities across the nation—and right here in our own backyards—pause to raise awareness, offer hope, and break the silence around suicide. For many of us, this is personal. Behind every statistic is a story, a loved one, a neighbor, a friend.

Every 11 minutes, someone in the United States dies by suicide. In Ohio, it remains one of the leading causes of death among youth and young adults. Those numbers are heavy—but here's the truth: suicide is preventable. And together, we can make a difference. This month, let's focus on three key actions (that don't even require fancy degrees or superhero capes):

Learn the Signs. Mood changes, withdrawal, hopelessness, or saying they feel like a burden—these are warning signs. Recognizing them is the first step.

Start the Conversation. Asking someone directly if they're thinking about suicide doesn't plant the idea—it can actually save a life. Think of it as emotional first aid: awkward at first, but life-saving.

Share Resources. The 988 Suicide & Crisis Lifeline is free, confidential, and available 24/7. Encourage folks to save it in their phone, right next to the number for the local pizza place. Here in our rural communities, we pride ourselves on showing up—whether it's helping a neighbor bale hay, plowing a driveway after a snowstorm, or just swapping tomatoes over the fence. That same spirit of rural resiliency is exactly what suicide prevention needs: connection, compassion, and the courage to check in on each other. So this September, let's commit to being present, speaking openly, and offering hope. Together, we can turn awareness into action—and action into lives saved.

If you or someone you know is struggling, call or text 988 for immediate support.

-Jamie McGrew

988
SUICIDE
& CRISIS
LIFELINE

