



Dr. Shama Faheem is the Chief Medical Officer for the Detroit Wayne Integrated Health Network.



Mental Health Awareness



Over **49,000** people died by suicide in 2022

1 death every **11** minutes

Many adults think about suicide or attempt suicide

13.2 million Seriously thought about suicide

3.8 million Made a plan for suicide

1.6 million Attempted suicide

Suicide is one of the top leading causes of death in United States and the second leading cause of death for young people between 10 and 24.

Suicidal thoughts can affect anyone regardless of age, gender or background. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues and need attention and help.

Suicide is complex and determined by multiple combinations of factors, such as mental illness, substance misuse, trauma, painful losses, exposure to violence, and social isolation.

Suicide Warning Signs for Adults



- Talking about or making plans for suicide.
- Acting anxious, agitated, or behaving recklessly.
- Talking about being a burden to others.
- Talking about feeling trapped or in unbearable pain.
- Increasing the use of alcohol or drugs.
- Talking about feeling hopeless or having no reason to live
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.



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Suicide Warning Signs for Youth

- Talking about or making plans for suicide.
- Expressing hopelessness about the future.
- Displaying severe or overwhelming emotional pain or distress.
- Changing or withdrawing from social connections or situations.
- Changes in sleep (increased or decreased).
- Anger or hostility that seems out of character or out of context.
- Recent increased agitation or irritability.

5 Action Steps to Help Someone Having Thoughts of Suicide

- 1. ASK**
- 2. BE THERE**
- 3. HELP KEEP THEM SAFE**
- 4. HELP THEM CONNECT**
- 5. FOLLOW UP**

DWIHN IS AVAILABLE TO HELP

CRISIS RESOURCES		
NUMBER	SERVICE	DESCRIPTION
988	NATIONAL SUICIDE AND CRISIS LIFELINE	Lifeline responds 24/7 to calls, chats, or texts from anyone who needs support for suicidal, mental health, and/or substance use crisis, and connects those in need with trained crisis counselors.
988 AND THEN PRESS 1 OR TEXT or Text 838255	VETERAN CRISIS LINE	The Veterans Crisis Line serves Veterans, service members, National Guard and Reserve members, and those who support them.
844-IN CRISIS or 844-462-7474	DWIHN CRISIS CALL CENTER AND MOBILE CRISIS DISPATCH	Provides 24/7 Crisis Call Support and Dispatch of 24/7 Mobile Crisis Units for adults and children in Crisis.
800-241-4949	ACCESS HELPLINE	24/7 Access Call Center to receive information, resources, get connected to a providers or any other help.
711	DWIHN TTY PHONE NUMBER	DWIHN helps anyone that has a speech impairment or hearing loss.
313-989-9444 or walk in to 707 W Milwaukee Ave, Detroit	CRISIS CARE CENTER	Walk in or call DWIHN's Crisis Care center for facility-based crisis services and inpatient screenings and stay up to 72 hours
313-488-HOPE or 313-488-4673	REACHUSDetroit.org (FREE TEXT LINE)	Individuals 14 years and older who live or work in Detroit can receive up to 12 FREE counseling sessions, no matter if they have insurance.