

Yellow September

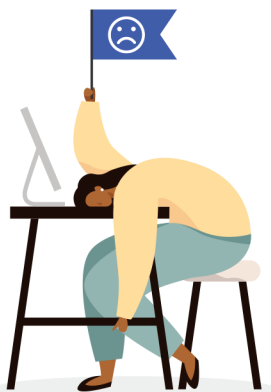
Taking care of our mental health matters! Let us break taboos down together

LACK OF EXPOSITION, AWARENESS, OR SPACE FOR DIALOGUE. THESE ARE JUST SOME OF REASONS THAT HINDER THE PROPER APPROACH AND TREATMENT OF PSYCHOLOGICAL ILLNESSES, WHICH ARE AMONG THE LEADING CAUSES OF SUICIDE IN BRAZIL AND WORLDWIDE.



Knowing how to identify symptoms and becoming familiar with mental health issues is an essential step toward avoiding pain, suffering and losses.

With that in mind, the Suicide Prevention Lifeline, together with the Federal Council of Medicine (CFM) and the Brazilian Psychiatric Association (ABP), created, in 2014, the Yellow September campaign, with the purpose of bringing forth the reminder of the World Suicide Prevention Day, observed on September 10th every year.



Let's learn more about it?

- An estimated 1 million people worldwide die by suicide every year;
- The number mentioned above represents a person, every 40 seconds, whose death could have been avoided, worldwide;
- In Brazil, the number of suicide victims is, on average, of 32 people a day;
- Also, in Brazil, almost 97% of these cases can be linked to mental disorders such as depression, bipolar disorder, and substance abuse.

How to notice the signs?

Although suicide is a complex occurrence, there are some warning signs that can help identify a more significant potential risk:



- Isolation
- Significant changes in habit
- Loss of interest in activities that were previously enjoyed
- Being careless about one's appearance
- Sudden lowered performance at school or work
- Changes in sleep and appetite patterns
- Use of phrases like "I would rather disappear"



What to do in situations of potential risk?

- Get rid of any prejudices on the matter;
- Keep in mind that there are several different types of mental illnesses and that, for each one, there is an adequate treatment;
- Face the consultation with the psychiatrist (or the counseling for a consultation) as you would a consultation with any other doctor;
- Avoid (or cut back) on the consumption of alcohol and any other drugs.



If you need immediate help, count on the Suicide Prevention Lifeline (CVV) for support at the number 188.