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September 2022

National Suicide Prevention Month

Suicide prevention is not a topic openly discussed in the same manner as heart disease or diabetes; however, it is a topic of the same importance.

According to the Center for Disease Control and Prevention (CDC), more than 47,500 Americans alone die by suicide each year. It is the fourth leading cause of death for people ages 34-54. Did you know that for each death by suicide there were 25 suicide attempts? These are astounding facts.

This national crisis, has brought about a National Suicide Prevention Line, which is 800.273.8255 or quickly remember three numbers 988, which are similar to 911 for medical emergencies.

The ONLY way for us to lower this statistic is to begin an open dialogue about the issue, which includes mental health in general. We all have struggles in our lives both physical and emotional. We tend to tackle the physical and cover up our emotional struggles. After all, they are internal, hidden away from our family, friends and even our colleagues.

The mental health stigma is in some cases the driving force that prevents people from seeking the necessary assistance.

**5 Action Steps for Helping Someone in Emotional Pain**

 <p><b>ASK</b></p> <p>"Are you thinking about killing yourself?"</p>	 <p><b>KEEP THEM SAFE</b></p> <p>Reduce access to lethal items or places.</p>	 <p><b>BE THERE</b></p> <p>Listen carefully and acknowledge their feelings.</p>	 <p><b>HELP THEM CONNECT</b></p> <p>Save the National Suicide Prevention Lifeline number 1-800-273-8255.</p>	 <p><b>STAY CONNECTED</b></p> <p>Follow up and stay in touch after a crisis.</p>
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For more information on suicide prevention: [www.nimh.nih.gov/suicideprevention](http://www.nimh.nih.gov/suicideprevention)





A healthcare partnership between



While this is a difficult topic to discuss, it remains an important issue. If we notice a colleague, family member, or friend struggling being a lending ear can help them heal. There are things we can do to assist.

1. Ask the individual if they think about dying or killing themselves. Do not hesitate to do this as asking them will not put the idea in their head, nor will it make them more likely to attempt suicide.
2. Listen: Start a conversation with the person and listen without judging to show you care. Create a safe space for them to share their feelings and vent.
3. Do not leave the person alone. Stay with him or her or make sure they are in a private, secure place with another caring person until you can get more help.
4. If you suspect, the person could harm himself or herself, take them seriously. Remove any objects they could use in a suicide attempt.

Call the National Suicide Prevention Line at 988 and follow their guidance. If danger for self-harm seems immediate, call 911.

Are there signs we as family members for coworkers could keep in mind when talking to those around us?

<https://youtu.be/zt4sOjWwV3M>

An individual should seek help if you are experiencing any of the signs reflected below:

1. Discussing wanting to die or having no reason to live
2. Expressing being in pain or being a burden to others
3. Looking for a way to kill oneself
4. Giving away prized possessions
5. Acting anxious or agitated
6. Sleeping too little or too long
7. Withdrawing or feeling isolated
8. Increasing the use of alcohol or drugs
9. Showing rage or extreme mood swings
10. Exhibiting daring or risk-taking behaviors
11. Showing lack of interest in future plans



There are several ways an individual can receive help. As an employee check with your employer regarding their EAP program first. There are typically, free mental health visits provided under your employer assistance program. If you have health insurance, you can reach out to an in network behavioral health provider. You can contact your local counseling office and schedule an urgent appointment.

You can also contact the National Suicide Prevention Line at 988, which is a new three-digit code that will route individuals in need to trained counselors who are part of the existing National Suicide Prevention Lifeline network.

If you have lost a loved one to suicide, you do not have to cope with the loss alone. Talk to a caring professional or join a support group so you can heal and move forward.

#### Resources:

National Alliance on Mental Illness: <https://nami.org/About-Mental-Illness/Warning-Signs-and-Symptoms>

NDBH.com/suicide: <https://www.ndbh.com/suicide>

# QPIC Corner

## Community, employer, & Insurance Mental Health Resources:

1. Employer EAP Programs typically have 3 or more Free counseling sessions per topic. Check with your employer today
2. Aetna's AbleTo program – Virtual or telephonic 8 week programs: Call 1.844.330.3648, Caregiving stress, grief & loss, depression, anxiety, or panic and more.
3. Telemedicine – virtual or telephonic sessions
4. Bexar County : S.M.A.R.T – Mental Health Emergency (If you are experiencing a mental health emergency and need SMART to come to your location as soon as possible, call 9-1-1 for a specialized response team. – Specialized Multidisciplinary Alternate Response Team. <https://www.bexar.org/3447/SMART-for-Mental-Health>)
5. If you are in crisis, call 988
6. Bexar County Health Resources Directory: <https://www.bexar.org/DocumentCenter/View/29123/2022-Behavioral-Health-Resource-Directory?bidId>
7. <https://www.bexar.org/192/Department-of-Behavioral-Health>
8. If you or someone you know needs mental health services, contact 210.261.1250 for an appointment at the Center for Health Care Services



CALL OR  
TEXT

# 988

## SUICIDE & CRISIS LIFELINE



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MORE

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### HealthTexas – Southwest Military

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Hours:

M,T,TH, & F 7:00 am – 5:00 pm  
W 10 am – 5:00 pm

Phone: (210) 924.2337

## Healthy Recipe

<https://minimalistbaker.com/overnight-chocolate-chia-seed-pudding/>  
Fight Depression and Anxiety

Overnight Chocolate Chia Seed Pudding  
Prep & Total Time: 3 hours, 10 minutes  
Gluten-Free, Vegan  
Keeps for 4-5 days

4 Servings

### Ingredients:

¼ cup cacao powder or unsweetened cocoa powder  
3-5 Tbsp maple syrup  
½ tsp ground cinnamon  
1 pinch sea salt  
½ tsp vanilla extract  
1 ½ cups Almond breeze almond milk original unsweetened  
(or light coconut milk for creamier texture)  
½ cup chia seeds



### Directions:

1. To a small mixing bowl add cacao powder (sift first to reduce clumps), maple syrup, ground cinnamon, salt, and vanilla and whisk to combine.
2. Add a little dairy-free milk at a time and whisk until a paste forms. Then add remaining dairy-free milk and whisk until smooth.
3. Add chia seeds and whisk once more to combine.
4. Cover and refrigerate overnight, or at least 3-5 hours (until it's achieved a pudding-like consistency). It may also be helpful to give the mixture an extra whisk/stir once it has been in the refrigerator for 30-45 minutes.
5. Leftovers keep covered in the fridge for 4-5 days, though best when fresh. Serve chilled with desired toppings, such as fruit, granola, or coconut whipped cream.

### Nutrition (1 of 4 servings)

Serving: 1 serving, Calories: 172, Carbohydrates: 22.1g, Protein: 4.7g, Fat: 7.8g, Saturated Fat: .8g, Polyunsaturated Fat: 4.74g, Monounsaturated Fat: .46g, Trans Fat: 0g, Cholesterol: 0 mg, Sodium: 91 mg, Potassium: 272mg, Fiber: 8.3 g, Sugar: 9.2g, Vitamin A: 200 IU, Vitamin C: .8mg, Calcium: 220mg, Iron: 4.1mg

The Minimalistbaker.com

<https://youtu.be/aC4B5LNkEA8>