



**September is National Suicide Prevention Month.**

During the month, mental health advocates, prevention organizations, survivors, allies, and community members come together to promote suicide prevention awareness in Kane County and across the nation.

Suicide is a national health problem and according to the Centers for Disease Control and Prevention, currently ranks as the second leading cause of death for ages 10-14 and 25-34 in the U.S. Suicide is also one of the most preventable types of death in the nation.

Getting help for suicidal thoughts is the most important step, whether it's someone you know or you yourself experiencing these thoughts.

988 is now available nationwide as the new number to contact for mental health, substance use and suicide crises — a simple, easy-to-remember way for people to get help. This new number will allow people to quickly connect with support during a crisis, 24/7, no matter where they live.

The Kane County Health Department has resources on suicide prevention. [Click here](#) for more information.

If you or someone you know is struggling or in crisis, help is available. [Call](#) or [text](#) 988 or chat [988lifeline.org](https://988lifeline.org) to reach the 988 Suicide & Crisis Lifeline.

