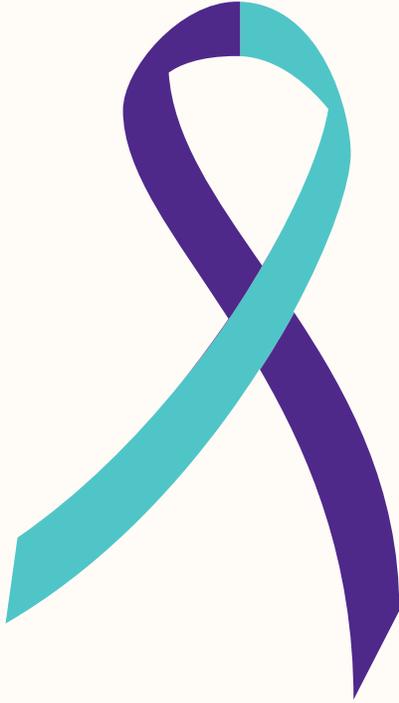


# Talking Tazewell

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September 2025, vol 10 The Wellness Playbook

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As you may remember, September is Suicide Prevention Month—a time to pause, reflect, and remind ourselves of the power of connection.

Each of us has a role to play in building communities where people feel seen, valued, and supported. Sometimes it's a simple conversation, a check-in with a friend, or sharing resources that can spark hope in someone's life.

In this edition of The Wellness Playbook, we're focusing on suicide prevention and early intervention tools. Together, we'll explore helpful information, meaningful learning opportunities, and local resources, offered with the hope of supporting healing, connection, and care in our community.

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## DID YOU KNOW...

Early intervention suicide prevention programs have been shown to reduce deaths by suicide and reduce suicide attempts by nearly one-third.

## RESOURCES TO REMEMBER

- NAMI Tri-County Connections Support Group - September 18, 2025 (Third Thursday of each month) @ ICC Peoria - Poplar Hall, Rm 127 at 7:00 pm.
- Peoria County ERS 309-671-8084
- Tazewell & Woodford County ERS 309-347-1148
- Suicide/Crisis Lifeline 988 | 800-273-TALK (8255) (Veterans press 1)



### Early Intervention Programs

- Mental Health First Aid (MHFA)
  - An evidence-based, public education program that teaches individuals how to recognize early, worsening and crisis signs/symptoms of a mental health challenge or crisis, and how to respond accordingly.
- Question, Persuade, Refer (QPR)
  - An emergency mental health intervention for suicidal persons. The intent is to identify and interrupt the crisis and direct that person to the appropriate treatment professionals.

Both of these courses offer support for an individual that is actively in an immediate crisis], however, they both also offer critical information regarding recognition of early signs and symptoms and how to best support an individual in the early stages of a crisis. The power of early intervention lies in people. Every new person trained expands our community's capacity to notice, respond, and support those in need — giving more individuals the chance to heal and reclaim hope.

#### Myth

Suicide only affects individuals with a mental health condition.

Asking a person about suicide will encourage them to attempt it.

Suicide happens without warning.

People who die by suicide are selfish.

#### Fact

54% of individuals who have died by suicide did not have a diagnosable mental health condition.

Talking about it not only reduces stigma, but may help a person to feel less lonely or isolated, and maybe a bit relieved.

Warning signs precede MOST suicides. Many individuals may only show signs to certain people and if those people don't know the signs - it seems as though there was no warning.

Most times, a person dies by suicide because they want their suffering to end. They feel hopeless and helpless; and certainly not by choice.

As a society, we should not be afraid to speak up about suicide, mental illness or to seek treatment for ourselves or those we support. Eliminating the stigma, shame and fear starts with understanding why suicide occurs and advocating for mental health awareness - for everyone.

### LOCAL EVENTS

Mental Health Resource Fair [September, 19, 2025 | Peoria Public Library - North Branch]

Out of the Darkness Walk [September 27, 2025 | Fon du Lac Park, East Peoria]

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HAVE AN IDEA OR TOPIC YOU WANT TO LEARN MORE ABOUT?

SEND IT OUR WAY!

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