

FOR IMMEDIATE RELEASE:

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September is National Suicide Prevention Month

(OKLAHOMA CITY) – Every September, we recognize National Suicide Prevention and Awareness Month to reduce stigma and help get people the professional mental health support they need.

“This year, join Sunbeam Family Services in spreading awareness,” said Clinical Director David Swope, L.P.C., L.A.D.C., C.E.A.P. “The more you know, the more lives can be saved. Life can be difficult, and some days can feel really *heavy*. But you are never alone.”

Seek help if you or someone you know is showing any of the following warning signs:

- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Giving away prized possessions
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

If you or anyone else is in crisis, call the National Suicide Prevention Lifeline at 1-800-273-8255.

Sunbeam offers high-quality, affordable Counseling services for people of all ages who need help with life’s challenges. Clients learn ways to identify, cope and build strengths to overcome difficulties. Sunbeam’s counselors are professionally trained and have the experience and dedication to help families find solutions that provide hope.

For more information, visit SunbeamFamilyServices.org/counseling or call 405-528-7721.

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About Sunbeam Family Services

Founded in 1907, Sunbeam Family Services is one of Oklahoma’s longest serving nonprofits and is one of the original United Way of Central Oklahoma Community partners. Sunbeam’s mission is to provide help, hope and the opportunity to succeed to people of all ages in central Oklahoma through Early Childhood, Counseling, Foster Care and Senior Services. To learn more, call 405-528-7721, visit sunbeamfamilyservices.org, or join the conversation on Facebook, Twitter and Instagram.