For Immediate Release: Contact: Rep. Treig E. Pronschinske
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Hope is All Around Us

As some of us may know, September is Suicide Awareness Month and with the recent pandemic and unrest, it is important to keep the conversation going regarding suicide awareness to help those in need.

Recently, I was asked to speak alongside other community members at a Hope 4 U event to emphasize the importance of helping those with signs of suicidal thoughts. While the conversation has largely been focused on a physical illness with COVID-19, invisible illnesses and pains are just as deadly and many people live with them for years.

During such unprecedented times, more and more are facing challenges that may lead to worsening mental health and even suicide.

We may have farmers that are on the brink of losing their family farm after generations, businesses struggling to keep their doors open, single mothers and fathers struggling to make ends meet, and even our children are facing higher rates of mental illnesses and suicides throughout the ongoing chaos of 2020. According to the Center Disease Control and Prevention (CDC) in June, suicidal thoughts for ages 18-25 were up 25%. Substance abuse also showed an increased rate as well as feelings of worry about the future.

But it is important to know that there are many caring and loving individuals that are always willing to lend a shoulder to cry on or an ear to listen in a time of need. We need to continue to place an emphasis on mental health and ensuring that our friends and family get the help they need.

If you or a loved one is experiencing severe depression or another life threatening mental illness and are considering suicide, please reach out to the National Suicide Prevention Lifeline at 1-800-273-8255. They are available 24/7 and your call will remain anonymous.

As always, feel free to contact my office with questions, comments, or concerns.

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