



# TREIG E. PRONSCHINSKE

STATE REPRESENTATIVE • 92<sup>nd</sup> ASSEMBLY DISTRICT

For Immediate Release:  
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## Support Our Neighbors with their Inner Struggles

September is an extremely important month, as many of you know it is Suicide Prevention and Awareness Month. With school, sports, volunteering, and all other activities coming into full swing as summer months are coming to an end, it is important to recognize when an individual may be struggling and how we can provide support.

About a week ago I had the privilege to speak at a Hope4U event in regard to Suicide Awareness. It is great to see how many individuals came out in support of giving hope and support to so many people who are suffering.

One of the hardest things to see is when our children are struggling with mental illnesses at such a young age. About half of cases of mental health complications start by the age of 14 and 75% of cases start by the age of 24. Many of our children, teens, and young adults are struggling with the transitions that occurs before the age of 25.

Not only are our youth struggling, but we are as well with 50% of us experiencing a mental health issue throughout our lifetime. 1 in 5 adults have a diagnosable mental illness and unfortunately there are over 45,000 deaths by suicides annually.

If you or a loved one are experiencing suicidal thoughts, there are many resources available to anybody struggling with depression, anxiety, PTSD, or any other mental illnesses. Please reach out for help because there are many organizations and hotlines available to speak to you 24/7 confidentially. You can reach our National Suicide Prevention Hotline at 1-800-273-8255 or visit their website at <https://suicidepreventionlifeline.org/>.

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

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