

Fond du Lac County Community Health Priority: Mental Health



Why it matters: Mental health is important at every stage of life, from childhood and adolescence through adulthood. It helps determine how we handle stress, relate to others, and make choices.

Trauma and violence are widespread, harmful, and costly public health concerns. They have no boundaries with regard to age, gender, socioeconomic status, race, ethnicity, or sexual orientation. Trauma is a common experience for adults and children in American communities, and it is especially common in the lives of people with mental and substance abuse disorders.

In 2017, 21 people died by suicide in Fond du Lac County. The rate of death by suicide in Fond du Lac County is above state and national levels.

Fact: More than 6 in 10 U.S. youth have been exposed to violence within the past year, including witnessing violence, assault with a weapon, sexual victimization, child maltreatment, and dating violence.

Our Goal: Reduce stigma around mental health and suicide, and decrease the number of deaths by suicide.

We can create safe environments that promote positive mental health for county residents of all ages by:

- Incorporating **trauma-informed** and **suicide-safe** practices in all settings.
- Promoting the use of **universal screening** for trauma and mental health issues.
- Increasing the ability of **gatekeepers** within our county to recognize signs of mental distress in others and help them access services.

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What can I do?

Be an active partner in improving community health:

Know Risk Factors for Suicide:

- History of previous suicide attempts
- History of mental health concerns: depression, anxiety, schizophrenia etc.
- Abuse of drugs and alcohol
- A recent job loss or repeated losses, unemployed status
- Troubles within intimate relationships (girlfriends, spouse, etc.)
- Financial troubles, inability to pay bills
- Involvement with the criminal justice system, awaiting trial, on probation
- Veteran status
- Engagement in self-harm behaviors
- Access to firearms
- and more

How You Can Help if you believe someone is thinking about suicide:

- Ask them directly if they are thinking about suicide/killing themselves.
- Remove objects that could be used in a suicide attempt (guns, knives, medications, etc.).
- Listen without judging, and give them plenty of time to talk. Show them you care.
- Find out the person's reasons for living, try to instill HOPE.
- Contact **Fond du Lac County Crisis Intervention** at (920) 929-3535, the **National Suicide Prevention Lifeline** at 1-800-273-TALK (8255), or call **911**.
- Stay with the person until help arrives or they are in a safe place.

Comprehensive Service Integration of Fond du Lac County, Inc. (CSI) is a coalition of over 25 community stakeholders who recognize the need to improve the social, emotional and behavioral well-being of all of our residents across the lifespan by reducing stigma, increasing prevention efforts and early identification, and enhancing access to care.

For more information visit www.csifdl.org or our Facebook page.

