



September 10, 2016 – Dana Point, CA

## Suicide Prevention

We spend so much time on the physical part of health, we don't often give recognition to the mental part. A post from a long-time friend to his Facebook page drew my interest; he asked people to repost the information about this being Suicide Prevention Awareness Month. I can do better than repost—I'm sharing it with the thousands of people like you who get my message because today is World Suicide Prevention Day.

Here are a few items I found at the [National Alliance of Mental Health](http://www.namh.org) website.

- Suicidal thoughts can affect anyone regardless of age, gender, or background.
- It's the third leading cause of death among young people.
- Suicide is an unfortunate combination of mental health issues and timing.



When you get this message, take a couple of minutes to go to their website and read the information. You may not know that someone you know and care about is at risk, so take a few minutes today to become more aware of the facts about suicide. You don't know when the information may come in handy. Being prepared is a whole lot better than wondering what went wrong when your friend is gone.

What are you prepared to do today?

**Dr. Chet**

Reference: <http://bit.ly/2cAafX8>

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The health information in this message is designed for educational purposes only. It's not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It's designed to motivate you to work toward better health, and that includes seeing your healthcare professional regularly. If what you've read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

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