



Vilas County Public Health Department

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National Suicide Prevention Week, September 9 – 15, 2018 #BeThe1To

Did you know that, in Wisconsin, suicide is the 10th leading cause of death for all ages? That from 2007 through 2011, there was an average of 724 deaths per year?

Experts believe that most people who are thinking about suicide do not want to die. They just want to end the pain. “It is important to know the warning signs of suicide and to help a friend or other loved one get the help that they need,” said Heidi Pritzl, Licensed Clinical Social Worker, Ascension Koller Behavioral Health. “Meeting with your healthcare provider may be a good first step.”

When suicidal intent or risk is detected early, lives can be saved.

“It takes strength to get help,” added Jason Dailey, Assistant County Veterans Service Officer for Oneida County. “Mental health conditions can be caused by just one traumatic event or from a series of events. Taking steps to help improve things due to what you have gone through shows how strong you really are.”

If you think someone might be considering suicide, be the one to help them by asking these 5 steps: Ask. Keep them Safe. Be There. Help them Connect. Follow up. Find out why this can save a life at www.BeThe1To.Com.

If you’re struggling, call your healthcare provider or call the Lifeline at 1-800-273-TALK (8255). Admitting you need help is not a weakness. Asking for help shows your strength.

Ascension and Oneida County Veterans Services are part of a work group that focuses on suicide prevention and decreasing mental health stigma. The group is made up of community partners that include school districts, healthcare, private mental health providers, veteran’s services, UW-Extension and local health departments. It is also a subset of the tri-county (Forest, Oneida and Vilas) coalition that addresses mental health and alcohol and other drug abuse (AODA) called Northwood’s COPE (Community, Outreach, Prevention, Education) Coalition.

If you are interested in joining the work group or hosting a suicide prevention training called Question, Persuade, Refer (QPR), please contact Tammi Boers, Community Health Coordinator, Vilas County Public Health Department at 715-479-3757 or taboer@vilascountywi.gov

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