

# Matter of Fact



## Welcome to my Mental Health Newsletter!

*I am a wife, mother, sister, and daughter who loves gardening, reading and writing. I am a mental health advocate who seeks to inform and create awareness of suicide prevention.*

*I lost my brother to suicide in 2012. Since that time I have created a website, [www.trytomatter.com](http://www.trytomatter.com) where I write a mental health blog and provide information and resources. I am currently writing a book for suicide survivors. I hope you will enjoy this monthly newsletter with information on mental vhealth and wellness.*

## Why write a book for suicide survivors? Why me and why now?

*-Death by suicide is a growing concern—the CDC shows that rates have increased 31% over the past 20 years. In fact, 47,646 people in the US died from suicide in 2021, according to a new report from the US Centers for Disease Control and Prevention. That's one death every 11 minutes. Comparably, the estimated numbers of new cancer cases and deaths in 2022 are 1.9 million new cancer cases diagnosed and 609,360 cancer deaths in the US.*

*-Though 2019 and 2020 showed a dip in suicide rates, a new CDC report shows that 2021 reversed that progress and pushed rates to near-record levels: about 14 suicide deaths for every 100,000 people. Compared to cancer which has seen a 32% drop in cancer death rate between 1991 and 2019 which translates to almost 3.5 million fewer cancer deaths during these years.*

*-Suicide is the 12th leading cause of death for Americans. In 2020, 45,479 Americans died by suicide. And according to the Center for Suicide Prevention, up to 135 people are affected to some degree by a suicide death—including family, close family friends and support systems.*

*-Finally, in a given year, 5,912,270 people are affected by suicide. Approximately 1.4 million adults aged 18 or older has made at least one suicide attempt, according to 2018 National Survey of Drug Use and Mental Health.*

*With all that said, I'm a survivor. I have first-hand experience of dealing with a suicide death in my family. I've grieved for a decade, but I have learned a lot. I still struggle. Therefore, I am writing a book for people affected by suicide – the survivors left behind about how to survive this excruciating painful tragedy and how to find joy and meaning again. My goal is to help the millions of suicide survivors affected by the mental health crisis that's facing both our nation and world, largely as an outcome of the Covid pandemic.*

## Tips for Managing The Holidays

- Donate to a cause in your loved one's memory
- Donate the flower memorial in your local church in your loved one's name
- Volunteer and do something charitable
- Create new traditions
- Make your loved one's favorite meal or dessert
- Set boundaries with holiday events
- Inform others of your needs
- Reduce unnecessary stress
- Accept and ask for help
- Place a wreath at your loved one's grave
- Choose a candle or flower to be placed at your loved one's seat at the table
- Place memories in a box to be shared
- Attend a support group
- Opt out of the holidays