

NEWS RELEASE

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For immediate release

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If you have lost someone to suicide, the first thing you should know is that you are not alone. Survivors, including the family and friends of a person who has committed suicide and those who have attempted suicide or expressed suicide ideation, often experience symptoms of depression, including disturbed sleep, loss of appetite, intense sadness and lack of energy.

According to the American Foundation for Suicide Prevention, these feelings usually diminish over time as you develop your ability to cope and begin to heal. Some survivors also find comfort in joining with others who have suffered a similar loss.

National Survivors of Suicide Day will be hosted by Alliance, Saturday, November 20. The day will include a nationally simulcast program of panelists, including other survivors and mental health professionals, helping local survivors cope with suicide loss. The broadcast will be followed by a light lunch.

The event will be from 11 a.m. to 1:30 p.m. at the Alliance Library and Learning Center in meeting rooms A, B and C. Others interested in learning more about suicide are also encouraged to attend. Participants may also view the event on their personal computer at www.afsp.org, if they wish to participate in a more private setting.

Please RSVP to Panhandle Public Health District at 308-487-3600; pre-registration is not required to attend. The Panhandle Suicide Prevention Task Force hosts the event. The task force meets at 6 p.m. the third Wednesday of each month at Box Butte General Hospital in Alliance. Remote televideo locations are available upon request for those outside the immediate area.

For additional information about suicide survivors, suicide prevention or the task force, visit www.pphd.org. The purpose of the Panhandle Public Health District is to educate the region it serves about the prevention of epidemics, spread of contagious diseases, injury, illness and disability. The district is charged with promoting and encouraging healthy behaviors. They promote the quality and accessibility of health services and protection against environmental hazards. Through education, protection and promotion of these issues, the Panhandle Public Health District believes the quality of life of the residents they serve can be greatly improved.