



MEDIA RELEASE

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Mental Health Awareness Month: Mayor Jacobs Discusses Suicide Prevention

KNOXVILLE, Tenn.— Knox County Mayor Glenn Jacobs encourages people to have careful and educated discussions about suicide prevention as we continue national Mental Health Awareness Month.

“Suicide is the tenth leading cause of death in our country,” said Jacobs. “When someone dies by suicide, it’s common to speculate why and maybe blame some recent event. But the cause usually goes a lot deeper.”

Research shows there is often an underlying mental health condition in cases of suicide. According to the [National Alliance on Mental Illness](#), research has found 46 percent of people who do die by suicide had a diagnosed mental health condition.

“Many of these underlying conditions can be treated. Suicide can be prevented,” said Mayor Jacobs.

The National Institute of Mental Health’s #BeThe1To campaign emphasizes [five steps you can take](#) if you think someone is at risk. The first step is to ask the person in a non-judgmental and supportive way, “Are you thinking about suicide?”

“There are studies that show it does not hurt to ask. It won’t plant the idea or increase suicidal thoughts,” said Mayor Jacobs.

If you or someone you know is having suicidal thoughts, there are several resources available to help immediately. You can call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255). If you prefer to communicate via text message, you can text the word HOME to 741741 at the Crisis Text Line.

“Those services are free, they’re confidential, and they’ll connect you with people who know how to help,” said Mayor Jacobs.

You can see this week’s video for Mental Health Awareness Month on [YouTube](#) and [Facebook](#).

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