



“My daughter, Megan, died of suicide at age 23. She died of an illness, just as if she had died of cancer. All of us have had pain that hurt so badly it blotted out everything else. You don’t think of friends or family when you’ve broken your leg. You think about getting to the hospital. For people with emotional pain, it’s no different—they think suicide is the only solution to their pain. As a society, we’re not afraid to talk about illnesses such as appendicitis or allergies, but we don’t talk about suicide. Our job now is to change that attitude. It is a life and death issue.”

Phill Wilson  
New Albany, Ohio  
Father of Megan (1979-2002)  
Ohio Suicide Prevention Foundation  
Spokesman



Suicide is the 11th leading cause of death in Ohio, with an average of three deaths each day.

## Suicide is a major public health problem.

1,200 Ohioans die by suicide each year, yet suicide still carries a stigma as something that should not be discussed.

The Ohio Suicide Prevention Foundation is a catalyst to bring about change in attitudes and perceptions regarding the stigma attached to suicide, mental illness, and alcohol and drug abuse and addiction.

We are a resource for Ohioans and agencies that work to prevent suicide and support survivors in the aftermath of a death by suicide. Our goal seems simple—to reduce the number of suicides in Ohio. Achieving that goal will take an extraordinary amount of effort at both the local and state levels.

### Connecting for Life



### How we can help

The Ohio Suicide Prevention Foundation provides awareness and education to the public regarding the recognition of the warning signs of suicide. The foundation advocates for the reduction of stigma associated with depression, substance abuse, and suicide in order to show people in distress that help is available, as well as provide assistance and hope to families and friends who have lost someone by suicide.

The foundation does not provide mental health services to people contemplating suicide but, rather, a resource for professionals and agencies that do. The foundation works to:

- **Reduce the stigma of suicide and mental illness**—Suicide is a major public health problem. Educating Ohioans is an important factor in prevention.
- **Increase awareness**—Understanding the symptoms of mental illness, warning signs of suicide, and what to do if you see them will save lives. OSPF also educates the state legislature and public officials about suicide to help secure funding for suicide prevention efforts throughout Ohio.
- **Serve as a consistent information resource**—The foundation is the central location to find facts to assist with research and prevention efforts. This streamlined approach—and the consistent messages and training that result from it—should ensure efforts are evidence-based and cost-effective and that facts and figures for Ohio are consistent.

- **Raise funds**—Education, outreach, support, and research all cost money. The Ohio Suicide Prevention Foundation works to meet financial needs through grant applications, public giving campaigns, and charitable donations.

### Our programs

The Ohio Suicide Prevention Foundation provides many programs to further our mission. Here are just a few:

**Community Coalitions**—Community Coalitions provide the opportunity and structure for allied groups to pursue coordinated strategies to educate and increase public awareness that suicide is a public health problem. Coalitions are committed to reducing stigma, which helps increase people’s ability to seek help and ultimately prevent the loss of life.

**Gatekeeper Program/Suicide Prevention Training**—Specifically trained speakers give presentations and trainings regarding the warning signs of suicide and steps to be taken to decrease risk. Trainings are tailored to the specific needs of the organization or professional group.

**Ohio Adult and Youth Speakers Bureau**—Trained volunteer speakers with a passion for suicide prevention and bullying prevention tell their stories to educate others on how to help someone in a similar situation.

**Ohio Youth Suicide Prevention and Risk Assessment Project**—This work utilizes evidence-based approaches for early identification of youth at risk of suicide and/or suffering with an undiagnosed and untreated mental illness.

## I want to save lives in Ohio.

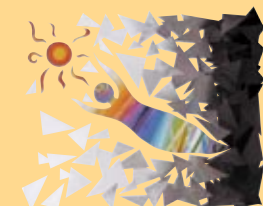
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 Phone\*: (\_\_\_\_) \_\_\_\_\_ E-mail: \_\_\_\_\_  
 \* Required if interested in volunteer opportunities and receiving our newsletter.

I am interested in:  Discussing Major Gift/Ongoing Support Options  Joining the Speakers Bureau  
 A Speakers Bureau or Gatekeeper Training/Suicide Prevention Training  Volunteering

Donating:  \$2,500  \$1,500  \$1,000  \$500  \$100  \$50  \$25  Other

My check or money order payable to the **Ohio Suicide Prevention Foundation** is enclosed. All contributions are tax deductible.

Please check to see if my company has a match. My company is \_\_\_\_\_  
 Commemorative gifts: In memory of: \_\_\_\_\_  
 In honor of: \_\_\_\_\_  
 Other: \_\_\_\_\_  
 Honoree: \_\_\_\_\_  
 Mail notification to: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_



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