

# The Well

September 2019

## Recognizing the warning signs of suicide — and how to help

Suicide rates are rising across the country; in fact, it's one of the leading causes of death in the U.S. While mental health issues are often seen as the root cause, suicide is rarely due to any single factor.

### Multiple circumstances can contribute to suicide:

- Relationship problems
- A crisis in the past or upcoming two weeks
- Substance abuse
- Health, job, financial or legal issues
- Loss of housing

Prevention involves paying attention and knowing the warning signs of someone at risk. These can include

- Being isolated
- Feeling like a burden
- Expressing hopelessness
- Increased anger or rage
- Extreme mood swings
- Sleeping too little or too much
- Looking for access to lethal means
- Talking or posting about wanting to die

### Did you know?

According to the World Health Organization, suicide is the second leading cause of death among 15–29 year-olds.

### What you can do:

- Ask someone you're worried about if they're thinking about suicide
- Reduce access to lethal means (guns, medication, poison, etc.)
- Be there with them and listen to what they need.
- Help them get ongoing support at 1-800-273-TALK (8255) or the chat option at [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
- Follow up regularly to see how they're doing

### Three important things to remember:

- Suicides can be prevented
- It's okay to talk about suicide
- Asking about suicide will not prompt someone to do it — quite the opposite, it often reduces their anxiety and helps them feel understood

For more information visit:

[cdc.gov/vitalsigns](http://cdc.gov/vitalsigns)



## World Suicide Prevention Day

September 10

If you need help for you or someone else, contact the National Suicide Prevention Lifeline: **1-800-273-TALK (8255)** or the chat option at **suicidepreventionlifeline.org**.

## Nature's bounty: Your armor against disease

Mom always said eat your vegetables...and she was right! Eating a wide variety of vegetables and fruits as part of an overall healthy diet may reduce your risk for heart disease and protect against certain types of cancers.



### Did you know?

- **Vitamin A** (found in carrots, black-eyed peas and cantaloupe) keeps eyes and skin healthy and helps to protect against infections.
- **Vitamin C** (found in oranges, broccoli and tomatoes) helps heal cuts and wounds, keeps teeth and gums healthy, and helps your body absorb iron.
- **Potassium** (found in bananas, cooked spinach and sweet potatoes) can help maintain healthy blood pressure, keep you from developing kidney stones and avoid bone loss.
- **Dietary fiber** in fruits and vegetables helps to reduce blood cholesterol levels.

September is fruit and veggies month!

For more information visit:  
[choosemyplate.gov](http://choosemyplate.gov)

Who doesn't like cauliflower *now*?

## Cauliflower with whole wheat breadcrumbs

This side dish is rich in flavor, but low in calories.

Makes: 4 servings

### Ingredients

- 1 slice whole wheat bread or 2 tablespoons whole wheat bread crumbs
- 1 medium cauliflower head, rinsed
- 1/4 teaspoon salt
- 1 tablespoon soft tub margarine
- 1/8 teaspoon ground black pepper

### Instructions

1. Toast bread until evenly dark.
2. Trim cauliflower leaves and stalks. Cut head into individual florets.
3. Steam cauliflower in microwave steamer bowl or on stovetop using medium pot. Add 1 inch of water and insert steamer basket with cauliflower inside. Sprinkle with salt and cover. Bring to a boil over high heat. Reduce heat to medium. Steam for 5–8 minutes, until florets are easily pierced with a sharp knife. Remove from heat. (Do not overcook.)
4. Pulse toasted bread in food processor until medium-sized crumbs form or simply break the toast into finer pieces. Or substitute 2 tablespoons of breadcrumbs.
5. Melt margarine in shallow pan over medium heat. Add breadcrumbs and pepper. Stir until mixed, about 5 minutes. Add cauliflower. Toss until well coated. Serve immediately.

Nutrition Information	
Serving Size: 1 cup	
<b>Calories</b>	<b>45</b>
Total Fat	4 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	120 mg
Total Fiber	2 g
Protein	2 g
Carbohydrates	5 g
Potassium	152 mg

Source: Deliciously Healthy Dinners