

NewsLetter

September 2025



Did You Know It's...

National Suicide Prevention Awareness Month

Each year, September is recognized as Suicide Prevention Awareness Month which is a time to raise awareness, share resources, and break the stigma surrounding mental health. Suicide remains one of the leading causes of death and open conversations can make a life-saving difference. This month serves as a reminder that reaching out for support is a sign of strength, and no one has to face their struggles alone.

At Cognitive Solutions LLC, we see how mental health challenges can affect individuals and families. Our clinicians provide comprehensive psychological/neuropsychological evaluations and therapy to accurately diagnose behavioral health conditions and provide effective treatment. The ultimate goal is to help clients and their loved ones find clarity and a path towards lasting well-being.

Suicide prevention is a community effort, and early support is key. Whether through professional evaluation, therapy, or building stronger coping strategies, our team is here to provide compassionate care tailored to each individual. This month and beyond, we remain committed to fostering awareness, reducing stigma, and supporting mental wellness in our community.

Quick Facts

- Suicide is the 2nd leading cause of death for people ages 10–34 in the U.S.
- More than 90% of people who die by suicide had a treatable mental health condition.
- Talking openly about mental health can reduce stigma and save lives.

Tips for Supporting Mental Health

- Check in regularly with friends and loved ones because small conversations matter.
- Listen without judgment when someone shares how they're feeling.
- Encourage professional support if struggles feel overwhelming.

24/7 Resources & Support

- **988 Suicide & Crisis Lifeline:** Call or text 988 anytime to connect with trained crisis counselors.
- **SAMHSA's National Helpline:** Call 1-800-662-HELP (4357) for individuals and families facing mental health or substance use challenges.
- **Crisis Text Line:** Text HELLO to 741741 to be connected with support.