

Stamping Out Suicide (S.O.S.)

How Financial Difficulties and Suicide are Related From our Finance and Administrative Services Division

People with financial hardships are 20 times more likely to attempt suicide.

Suicidal tendencies may occur when faced with any of the following types of financial issues:

- Debt
- Homelessness
- Low income
- Unemployment

Debt can cause stress and anxiety. Homelessness can cause stress and fear over feeling unsafe and/or not having enough to eat. Low income can be a hindrance to self-esteem when it comes to paying bills and supporting loved ones. Unemployment may lead to feelings of demoralization, depression, and despondency.

Stress over financial hardship may also cause mental health challenges. People with financial issues are less likely to seek help due to stigma and concern over the cost of care. Unmanaged mental health may affect your overall health and cause other chronic health conditions such as heart disease, diabetes, poor nutrition, smoking, and alcohol and drug abuse.

What You Can Do:

Throughout Culpeper, Fauquier, Madison, Orange and Rappahannock counties, community members with mental health concerns or crisis situations may contact Encompass Community Supports and receive services for a fee based on income, as low as \$15 per service. Contact 540-825-5656 for more information.

Seek financial counseling using a financial counselor website such as:

<https://www.financialeducatorsCouncil.org/financial-literacy-curriculum/>

Check with your employer to learn whether an Employee Assistance Program (EAP) is offered, which may include initial visits free-of-charge.

source: <https://www.health.com/money/financial-stress-suicide-risk>



encompass
— Community Supports —