

The Terrible Blues Can Hurt Unnecessarily

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Did you know that suicide is the twelfth leading cause of death for people living in the United States. According to the National Institute of Mental Health (2023), in 2020, male suicide rates were four times higher (22.0 percent) than female suicide rates (5.5 percent). Females aged 45 to 64 had the greatest suicide rate (7.9 percent). Additionally, males aged 75 and older had the greatest suicide rate (40.5 percent).

When we examine suicide statistics rates based on race and gender, we find that the Hispanic female rate is 2.8 percent compared to the male rate of 12.3 percent. The suicide rate for white female is 6.9 percent compared to the male rate of 27.0 percent.

Among Black females, the suicide rate is 2.9 percent compared to the male rate of 12.9 percent.

The suicide rate for Asian /Pacific Islander female rate is 3.8 percent compared to the male rate of 10.3 percent. American Indian female suicide rate is 3.8 percent compared to the male rate of 27.3 percent.

These statistics demonstrate that men and women of color are affected by high levels of depression and anxiety. It is important for these racial groups to obtain mental health treatment that can lead to good mental health wellness.

September is national suicide prevention awareness month. CIDNY wants to use this monthly column to promote this salient awareness that having “the blues” can lead to a chronic condition known as clinical depression. Clinical depression can physically hurt.

The brain is nexus with the body. Many New Yorkers are dealing with stressful-life events, and they may not have the coping skills needed to avoid having a psychological mood disorder like depression. This is why it becomes imperative for a person to know how to recognize the warning signs which can encompass both psychological and physical symptoms.

Symptoms of clinical depression can cause numerous physiological symptoms such as executive functioning challenges, difficulty with short-term or long-term memory retrieval, periods of uncontrollable crying, feelings of sadness and helplessness, despair, feelings of hopelessness and dread, lack of motivation to complete tasks, irritability, difficulty regulating one’s mood, great fatigue, difficulty sleeping, anhedonia, lack of euphoria, body aches, headaches, chest pain just to name a few.

Some people report having some of these symptoms and it gets to the point that they cannot deal with the overall despair and physical symptoms, and they try to find a way out of the gloom. This is why we want to alert our consumers that committing suicide is not a way out.

You can contact 988 to speak to a trained mental health professional to assist you with addressing your chief complaint. The phone resource of 988 can connect you to clinical providers in your area that can offer you psychological treatment that might include, but is not limited to, talk psychotherapy, individual and group therapy, cognitive behavioral techniques, bibliotherapy, journaling, biofeedback, hypnosis, meditation, guided imagery, rational emotive therapy, family systems, substance and alcohol abuse counseling, relapse prevention, sex therapy, gender identification counseling, cultural competency and so much more.

CIDNY comprehends that the Americans with Disabilities Act (ADA) covers both mental and physical impairments that substantially limits a person with performing a major life activity. Thus, we want consumers to know that mental health disabilities are treatable and require a treatment regimen. You do not have to suffer in silence or alone.

There is help for you. We know that resources are limited, especially post the COVID-19 pandemic, but we know that the stress inducing events have not ended.

Please contact CIDNY at cidny.org or call 212 674-2300 for help! We are here to support you!