

## **Choices Psychotherapy: We All Can Make a Difference When it Comes to Suicide Awareness**

St. Louis Park, MN (August 27, 2019) - September is Suicide Awareness Month and Choices Psychotherapy wants you to know that you can make a difference in someone's life.

"Suicide Awareness Month is a time to remember those affected by suicide, but it is also a time to raise awareness and promote prevention tactics while ensuring that treatment is making it to those who need it most. We can all help prevent suicide," said Susan Davis, LICSW, owner and executive director of Choices Psychotherapy.

Research has found that over 50% of those who have died by suicide did not have a known or diagnosed mental health condition, nor was there a single factor cause. "That makes it difficult for therapists, psychiatrists and other medical professionals to help all those in need. This is where family, friends, neighbors, and co-workers come in. With the right knowledge, we can all help one another. We want people who are despairing and thinking about suicide to know that there is help available," continued Davis.

Psychiatrists and therapists at Choices Psychotherapy are dedicated to reducing the frequency of suicide attempts and the pain for those affected by suicide, through various counseling and psychiatric services. The Choices Psychotherapy team aims to reach out to those who have become disconnected from others and offer them support.

To schedule an appointment, call Choices Psychotherapy at 952-544-6806 or visit [www.choicespsychotherapy.net](http://www.choicespsychotherapy.net)

**ABOUT CHOICES PSYCHOTHERAPY:** At Choices Psychotherapy, we are committed to empowering clients and their families to identify positive life change through choice. For more information about Choices Psychotherapy, visit [www.choicespsychotherapy.net](http://www.choicespsychotherapy.net) or call 952-544-6806.

### **MEDIA CONTACT:**

Susan Davis, LICSW

Choices Psychotherapy, Ltd.

952-544-6806

[sdavis@choicespsychotherapy.net](mailto:sdavis@choicespsychotherapy.net)

[www.choicespsychotherapy.net](http://www.choicespsychotherapy.net)

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