

## Choices Psychotherapy to Lead Effort to Promote Suicide Awareness Month

St. Louis Park, MN (August 24, 2017) - September is Suicide Awareness Month. Choices Psychotherapy along with mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness.

“It’s a time to remember those affected by suicide, to raise awareness, and to focus efforts on directing treatment to those who need it most. We can all help prevent suicide. Research shows people who are having thoughts of suicide feel relief when someone asks after them in a caring way. We want people who are despairing and thinking about suicide to know that there is help available,” said Susan Davis, LICSW, owner and executive director of Choices Psychotherapy.

Psychiatrists and therapists at Choices Psychotherapy are dedicated to reducing the frequency of suicide attempts and deaths, 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.

In the United States, one person completes suicide every 13 minutes. Experts believe that most suicidal individuals do not want to die. They just want to end the pain they are experiencing. The psychological pain that leads each of these individuals to take their lives is unimaginable. Suicide is complex with psychological, social, biological, cultural and environmental factors involved. Staying connected is crucial to individuals who may be vulnerable to suicide.

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.

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