**From:** Jess Mabin
**To:** Grp. City Council and City Web Site
**Subject:** Are You Supporting Suicide Prevention Week Too?
**Date:** Thursday, September 2, 2021 3:12:41 AM

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Hi City of Missoula,

I'm Jessica from American Addiction Centers (AAC). We are a leading and national organization that is dedicated to helping people with their mental health and substance abuse problems.

**Did you know many individuals who battle with substance abuse issues often admit to have contemplated suicide?** Sadly, 90% of people who fall victim to suicide suffer from depression, have a substance abuse disorder, or both.

With Suicide Prevention Week coming up, our resources below explore these issues and offer help to individuals, friends, or families that need them:

- *Suicide and Addiction: Discusses the risk factors, warning signs and prevention, the substances abused and mental health considerations.*
- *Alcoholism and Suicide Risk: Discusses how a substance abuse problem increases the risk of suicide and provides contact information for suicide hotlines.*
- *Choosing the Best Inpatient Suicidal Thoughts and Addiction Recovery Center: A guide on how to find help.*

Our organization also hosts *free virtual support and online addiction meetings* that many individuals use to help support their recovery.

Would you be able to add these valuable resources to your page: http://ci.missoula.mt.us/2400/Help-Lines-and-Local-Resources?

They are created with the purpose of educating and saving lives.

If you are not the person to contact, could you please point me in the right direction?

Warmest regards,
Jessica Mabin
*American Addiction Centers*

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