



Rick Staly, Sheriff

FLAGLER COUNTY SHERIFF'S OFFICE

"An honor to serve, a duty to protect."

NEWS RELEASE

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Prepared by: Melissa Morreale
Phone and Email: 386-529-4086; mmorreale@flaglersheriff.com
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FCSO Wants to Remind Residents in Mental Health Crisis – Help is Available, Your Life Matters

On December 17th, 2021, the Flagler County Sheriff's Office (FCSO) responded to an apparent suicide, making it the second fatal mental health crisis in Flagler County in a two day period. As we are approaching the holidays, we want to remind the community that there are resources available in Flagler County to those in need or feeling lonely this holiday season.



Suicide is the 10th leading cause of death in the United States. It was responsible for more than 47,500 deaths in 2019, which is about one death every 11 minutes. According to the CDC in 2019, 12-million American adults seriously thought about suicide, 3.5 million planned a suicide attempt, and 1.4 million attempted suicide. Suicide affects all ages and is the second leading cause of death for people ages 10-34, the fourth leading cause among people ages 35-44, and the fifth leading cause among people ages 45-54.3

"Around the holidays, we often see a rise in depression and suicide attempts," Sheriff Rick Staly said. "No bad day is worth taking your life. Suicide is a permanent solution to what is usually a temporary problem and impacts many people and surviving loved ones. It's clear that Flagler County has an urgent need to prevent, reduce, and treat those with mental health problems. Left untreated, the end

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results can become suicide, drugs and excessive alcohol use. If you or someone you know is in need of help, please call us or one of our local resources available. Your life matters!”

With the holidays sometimes being a challenging time for people, for FCSO wants to remind residents that if they are dealing with a mental health crisis or have suicidal thoughts, they are not alone! There are numerous resources for help with mental health struggles in Flagler County. For more information visit <http://www.flaglerlifeline.org/local-mental-health-services/> or call 800-273-8255. You can also visit: <https://suicidepreventionlifeline.org/>

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