



PRESS RELEASE

September 17, 2018

Tri Valley Health System Senior Life Solutions Program Raising Awareness During National Suicide Prevention and Awareness Month

Cambridge, NE – September is National Suicide Prevention and Awareness month. Not only is the Tri Valley Health System Senior Life Solutions program working to raise awareness during the month of September, but they work hard to engage and educate the community on the importance of emotional well-being every day.

“One alarming statistic that most people don’t realize is the high rate of suicide among agricultural workers which exceeds other high-risk populations like veterans,” shared Wendy Shifflet, Senior Life Solutions Program Therapist. “Many people are suffering in our area for a variety of reasons. And while it may not be easy to talk about suicide with our friends or loved ones, our ability to show genuine care and concern may be the sole reason that person remains hopeful about their future and reaches out for support.”

Talk of suicide should never be dismissed. If you, or someone you know, is thinking of suicide call the National Suicide Prevention Lifeline at 1-800-273-8255.

The Senior Life Solutions program staff is trained in the use of standardized, evidence-based tools for screening patients at risk of suicide. In addition, the staff assists the patient to create a plan to prevent future suicide attempts or suicidal thoughts.

Tri Valley Health System Senior Life Solutions program is an intensive outpatient group therapy program designed to meet the unique needs of older adults suffering from symptoms of anxiety and depression often related to aging.

For more information, call Tri Valley Health System Senior Life Solutions at 308-697-1299.

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ABOUT SENIOR LIFE SOLUTIONS

Founded in 2003, Psychiatric Medical Care (PMC) operates inpatient and outpatient programs located in rural communities across the country. Founder and Chief Medical Officer, James A. Greene, M.D., a geriatric psychiatrist, was born and raised in a rural community, which today hosts a rural hospital. He developed PMC with the sole mission to improve the quality of life of older adults living in rural communities. PMC, which operates the Senior Life Solutions outpatient program and Green Oak Behavioral Health inpatient facilities, is one of the largest geriatric mental health management companies within rural hospitals across the United States.