

Action & Awareness for Suicide Prevention

Suicide Prevention Action & Awareness Plan



Your environment matters. Your health matters. You matter.

● Step 1: Identify Hidden Environmental Risks

Answer the following YES or NO:

- Have you recently experienced water damage in your home, workplace, church, or any building where you spend significant time?
- Have you noticed musty smells, visible mold, or felt worse in certain indoor environments?
- Have you recently been exposed to pesticides, herbicides, insecticides, or industrial chemicals (e.g., lawn treatments, cleaning solvents, fumigation)?
- Are you using or have you recently used fragranced products, air fresheners, or chemically treated furnishings?

● Step 2: Review Medication Changes

- Have you recently started, changed, tapered, or discontinued any prescription medication or supplement?
- Do you feel more anxious, depressed, irritable, or foggy than usual after a recent medication change?
- Have you been prescribed multiple medications at once or experienced any unusual side effects?

● Step 3: Consider Cross Contamination & Air Quality

- Have you brought belongings (clothing, books, furniture) from a water-damaged or moldy environment into your current space?
- Do you have access to fresh air, ventilation, or a HEPA-grade air purifier in your home or work space?
- Have you considered wearing a respirator mask when cleaning, entering suspect environments, or around strong chemical odors?

★ Why This Matters

Studies show that neurotoxic exposures—such as mycotoxins from mold, volatile organic compounds (VOCs), and drug reactions—can affect the central nervous system, potentially contributing to depression, anxiety, suicidal thoughts, fatigue, brain fog, and even psychosis.

Unrecognized environmental and pharmaceutical stressors can overwhelm the body and brain, especially in individuals already vulnerable or healing from trauma.

References

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