



Kyle “KJ” Hamblin seemed to have the world at his fingertips. An accomplished student throughout his academic years, KJ also made time for sports, marching band, drama club, and playing bass in a rock band. Later, KJ became an electrical engineer, travelling the world as part of a specialized program, then coming home to Akron to work for Meggitt Aircraft Braking Systems, where he worked on six patents which helped generate millions in revenue for the company. In his spare time, KJ was a pilot, a runner, and taught a class to up-and-coming electrical engineers. Then one day, 29 year-old KJ died by suicide.

There was seemingly no warning, no reason, no clue. But after some time passed, friends and family shared little-known stories of secret depression and remembered odd behaviors like an obsession with the deaths of others. The warning signs of suicide are often subtle, but knowing what to look for can save lives. Like all those lost to suicide, KJ was taken from this Earth too soon.

You can remember these valuable people and help prevent tragedies like this from happening to others by participating in KJ’s 5K, which raises money to support Portage Path Behavioral Health and its SUPPORT Hotline, Summit County’s free, anonymous, 24/7 suicide prevention service.

As KJ was also an animal lover, this event also supports local animal rescue efforts. You can bring your pet to run or walk with you around the beautiful grounds of the Portage Lakes State Park. You’ll even be able to walk with a rescue dog if you don’t have a pet.

To register, go to <https://runsignup.com/kJs5k>. Cost is \$25. Kids 16 and under are free. The event takes place Saturday, October 7 with 8 a.m. check-in, 9 a.m. race, and 10:30 a.m. awards, presentation, and remembrance.

KJ's 5K for Mental Health and Animal Rescue

Saturday, October 7, 8 a.m. check-in, 9 a.m. start
Portage Lakes State Park, 5031 Manchester Road, Akron

<https://runsignup.com/kjs5k>

Have you lost someone to suicide? The Survivors Group can help.

Survivors is a self-help support group for people who have lost someone to suicide. Participants can gain comfort and understanding from others who know first-hand what it’s like to experience this kind of loss, and is dedicated to helping people cope with their loss so they can survive this experience and get on with their lives. To learn more about Survivors, call Barbara Medlock at 330-434-1214, extension 4106.

Survivors can help you cope with:

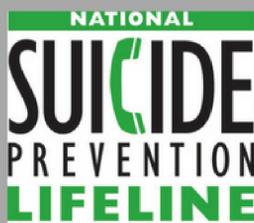
- . explaining the death to others
- . dealing with children
- . altered lifestyles
- . memories
- . suicidal thoughts
- . birthdays, anniversaries, and holidays
- . emotions you wish you didn’t have
- . feelings you think you shouldn’t have

You can help a survivor of suicide by:

- . listening and encouraging them to talk
- . accepting their rage
- . letting them experience their emotions
- . suggesting they call the Support Hotline
- . suggesting they join Survivors

If you just need to talk to someone about what you’re feeling and the struggles you are facing, call Portage Path’s Support Hotline, **330-434-9144**. This service is available 24 hours a day, 7 days a week... whenever you need it most. Support can help you through any crisis. You can also access the Crisis Text Line by texting HOME to 741741.

Portage Path Support Hotline



The Portage Path Support Hotline is part of the National Suicide Prevention Lifeline, a 24-hour, toll-free suicide prevention service available to anyone in suicidal crisis that routes callers to the closest possible crisis center in their area.

330-434-9144

In areas where the above number is a long-distance call, please use the National Suicide Prevention Lifeline: **1-800-273-TALK (8255)**.

Know The Warning Signs



WHAT LEADS TO SUICIDE?

There’s no single cause for suicide. Suicide most often occurs when stressors exceed current coping abilities of someone suffering from a mental health condition. Depression is the most common condition associated with suicide, and it is often undiagnosed or untreated. Conditions like depression, anxiety and substance problems, especially when unaddressed, increase risk for suicide. Yet it’s important to note that most people who actively manage their mental health conditions lead fulfilling lives.

SUICIDE WARNING SIGNS

Something to look out for when concerned that a person may be suicidal is a change in behavior or the presence of entirely new behaviors. This is of sharpest concern if the new or changed behavior is related to a painful event, loss, or change. Most people who take their lives exhibit one or more warning signs, either through what they say or what they do.