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CRIME PREVENTION NEWSLETTER JANUARY 2019



Holidays can be emotionally draining for anyone who has suffered a loss such as a family member, the loss of income, the loss of a relationship, or the loss of personal health. Family stress, job stress, and stress from being bullied or harassed can also take a toll, and holidays can be the icing on the cake. Although the holidays are not necessarily a factor for increased suicide activity, the added stress of the holidays can be a trigger for some. How do we know when someone around us may be at risk of suicide?

Here are some signs to be on the lookout for:

- 1). Sudden change in behavior such as rage or sudden outbursts of anger when this is out of character for this person. Or, a normally quiet person becomes excessively cheerful or vice versa. They may suddenly become apathetic, not caring about anything, including their own hygiene.
- 2). Absenteeism from work or school. Significant decrease in productivity, or developing disciplinary issues.
- 3). Increase in addictions such as alcohol, drugs, or gambling. Destructive behavior affecting relationships.
- 4). Cessation of self-care, such as not cleaning personal space, stopping of medical care, and no longer maintaining property, vehicle, or finances.

These are some of the bigger warning signs that someone is in the grip of depression and may be suicidal. If you know someone in this situation talk to them. Encourage them, remind them that suicide is a FINAL solution to a temporary problem, and it cannot be undone. Remind them that suicide will cause irreparable harm to the survivors that will have ripple effects for the rest of their lives. And, most importantly, remind them that they are not alone and there is HOPE. Provide them with the tools to find support such as the number to the crisis center, recovery facility, or Veteran's group.

If you feel that the person is in need of immediate intervention because of erratic or unstable behavior and they are a danger to themselves or others, call 911 immediately.

Suicide Prevention Hotline: 800-273-8255

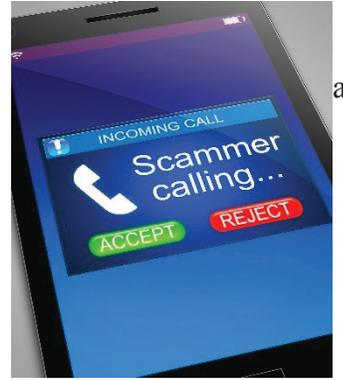
Alcoholics Anonymous: 502-582-1849

Narcotics Anonymous: 502-569-1769

Department of Veterans Affairs (VA) suicide prevention hotline at **1-800-273-TALK**. (For Veterans)

Scammers and Scoundrels

I just read a report from AARP stating that “nearly half” of mobile calls will be fraudulent in 2019. I have no problem believing that claim being a cell phone user myself. And, I hear the same complaints everywhere I go. According to telecommunications firm called First Orion we are having a “scam call epidemic.” They also noted that scam calls increased 25 percent between 2017 and 2018, and the calls are expected to double this year. They also confirmed the use of what is called “neighborhood spoofing” which is a tactic employed by scammers to make the incoming call appear to be a local number on your caller ID. Nine out of ten calls will come through this way. There are some apps that have been developed such as RoboKiller and Truecaller to help defeat these scam calls, however they do not work on the “spoofed” calls that “hijack” legitimate numbers. Some Mobile carriers are beginning to develop technology to help combat the calls, but honestly your best defense is knowledge. Hang up the phone, or send the call to voice mail, and believe no attempts to get financial information from you.



Crime Trends This Month

Break in to Vehicles - Willowbrook Circle, Billtown Road, Capital Way, Resource Way, Morgan Jaymes Drive
Theft of Property - 500 Block of S. Hurstbourne Pkwy.
Theft of Gasoline - Plantise Drive
Complaint of Speeders - Linn Station Road, Pointe Arbor Lane

Emergency call 911

To report a crime call (502) 267-0503

***Any questions concerning Block Watch programs,
contact Community Resource Officer Felicia Burba
at the Jeffersontown Police Department
(502) 267-0505***

Visit our website : www.jeffersontown.gov