

# Web Sitings

## Providing Hope to Those Affected by Suicide

According to the American Association of Suicidology and the World Health Organization, someone attempts suicide every 38 seconds, resulting in approximately 30,000 suicides per year in the United States. Recognizing these concerning statistics, 2 women saddened by the suicides of family members developed a Web site (<http://www.suicidefindinghope.com>) to help others who have dealt with similar tragedies.

The site not only provides suicide statistics, but also offers information to those who may be worried about family members or friends, including the risk factors and warning signs to look for. Suicide prevention resources, such as suicide-related book titles, mental health intervention techniques, and access to online courses and educational programs are provided to users who are looking to help a loved one.

The site also offers help to suicide survivors (those who have lost a loved one to suicide) in the section "Coping With Loss." The symptoms of suicide-specific grief, personal testimonies, as well as techniques for talking to children are provided. This section of the site also offers information on various support services and directs users on how they can start a suicide bereavement support group in their own communities.

The section "Attempt Survivors" was developed to help those who have attempted suicide but survived. This section guides attempt survivors on how to ask for help from family and friends and shows them how to create a safety plan. By completing the safety plan, users can recognize the warning signs that they are starting to feel suicidal, so they can get help before it is



too late.

This site was officially launched in early September 2011, during National Suicide Prevention Week.

## Navigating the Winding Road of Medicare and Long-Term Care

As the Senior Services Ventura Web site name suggests, the home page looks like a road that users will travel on as they seek information about their health care. The Web site (<http://www.medicareroad66.com>) provides useful health insurance information for users at any stage of their adult life in many different circumstances, such as a change in employment status, change in marital status, or disability.

The site is split into sections dealing with "Medicare Part D," "Medicare for Ages 40-64," and "Medicare for Ages 65-Up." Below those tabs are pages that lead users to information about "People With Disabilities,"

"Benefits for Veterans," "Medicare Appeals," "Fraud and Identity Theft," and "Resources." Underneath those tabs are "road signs" that provide "routes to" information about Medicare, Medigap, COBRA, Government Retirement, Medi-Cal, and Employer Plans.

Clicking on "Benefits for Veterans" will bring users to information about basic eligibility requirements, the application process, and other information about the program. The "Route to Medicare" details what Medicare Part A, Medicare Part B, Medicare Part C, and Medicare Part D cover. Clicking on those links will bring users a more detailed description about what the programs offer. Users all ages can benefit from the information provided in the "Route to COBRA" and "Route to Employer Plans" tabs. The "Frequently Asked Questions" can address users' concerns about their health care. Scrolling to the bottom will lead users to other information that is useful to senior citizens including housing and legal issues. ●