



CONQUER CHIARI WITH EVERY STEP[®]

Chiari & Suicidal Behaviors

In addition to being **Chiari Awareness Month**, this week is also **National Suicide Prevention Week**. Although Chiari and suicidal behaviors have not been studied directly, a quick review of the research literature reveals that many Chiari patients may be at a higher risk for suicidal behaviors due to a number of factors that are common in the Chiari population. Specifically, research has shown that the following are associated with a higher prevalence of suicidal behaviors:

- ⦿ **Chronic pain in general**
- ⦿ **Chronic migraines**
- ⦿ **Generalized Anxiety Disorder in the presence of chronic pain**
- ⦿ **Hypermobility Ehlers-Danlos Syndrome (hEDS)**
- ⦿ **Opioid use**

Within the Chiari community, the rates of chronic pain and migraines are extremely high (over 50%); the rate of hEDS is likely between 10-20% or more; the rate of moderate to severe anxiety is 40%; and the rate of opioid use is not known.

If you are in crisis, distress, or want to talk to someone, please call the National Suicide Prevention Lifeline:

1-800-273-8255

#CCWAA



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