



Suicide Prevention

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If you are feeling hopeless and helpless, please don't give up on yourself. We believe in you. There is help available for you. Call 911 or go to the nearest Emergency Room if you or someone you love is in crisis. If someone is contemplating suicide, call 1-800-273-8255 anytime - 24 hours a day, 7 days a week for support and guidance.

There are signs we can watch for in ourselves or someone we love to see the signs of suicide risk. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss, or change.

- Talking about wanting to die or to kill oneself.
- Looking for a way to kill oneself, such as searching online or buying a gun.
- Talking about feeling hopeless or having no reason to live.
- Talking about feeling trapped or in unbearable pain.
- Talking about being a burden to others.
- Increasing the use of alcohol or drugs.
- Acting anxious or agitated; behaving recklessly.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

How to be Helpful to Someone Who is Threatening Suicide

- Be direct. Talk openly and matter-of-factly about suicide.
- Be willing to listen. Allow expression of feelings. Accept the feelings.

- Be non-judgmental. Don't debate whether suicide is right or wrong, or whether feelings are good or bad. Don't lecture on the value of life.
- Get involved. Become available. Show interest and support.
- Don't dare him or her to do it.
- Don't act shocked. This will put distance between you.
- Don't be sworn to secrecy. Seek support.
- Offer hope that alternatives are available but do not offer glib reassurance.
- Take action. Remove means, such as guns or stockpiled pills.
- Get help from persons or agencies specializing in crisis intervention and suicide prevention.

Be Aware of Feelings

Many people at some time in their lives think about suicide. Most decide to live because they eventually come to realize that the crisis is temporary and death is permanent. On the other hand, people having a crisis sometimes perceive their dilemma as inescapable and feel an utter loss of control. These are some of the feelings and thoughts they experience:

- Can't stop the pain.
- Can't think clearly.
- Can't make decisions.
- Can't see any way out.
- Can't sleep, eat or work.
- Can't get out of depression.
- Can't make the sadness go away.
- Can't see a future without pain.
- Can't see themselves as worthwhile.
- Can't get someone's attention.
- Can't see to get control.

If you experience any of these feelings...GET HELP! If someone you know exhibits these symptoms, OFFER HELP!¹

¹ This page was taken from www.suicidepreventionlifeline.org and content was developed by American Association of Suicidology.