

If You Ever Consider

SUICIDE

Please Remember...



- The problems causing you to think about suicide are solvable.
- Most problems are rarely as severe as they appear when first experienced. Time and changes in circumstances will make big problems seem much smaller.
- Suicide thinking is treatable. There are many different treatments for the problem. Do not keep suicidal thoughts to yourself. Please seek help. Tell someone you need help.
- If you cannot think of solutions to your problems, it does not mean that other solutions besides suicide do not exist. It just means that you are currently unable to see different solutions by yourself.
- Most people who think about suicide do so for relatively short periods of time. Suicidal thinking and crisis experiences are time-limited. Circumstances change, feelings can be altered and unexpected solutions can be found. Please do not choose to kill yourself when much better times will be coming your way.
- The impact of your suicide will be profound on those who love you the most. Your loved ones are among many reasons to live.
- Emotional distress can block your views of life and make you disregard family ties, religion, love of nature and your dreams. Those reasons to live are still present. You just have to find them again.
- Instead of choosing to die, choose to work on solutions by obtaining professional help and guidance now.
- Please do not choose a desperate action to solve a temporary problem.

SUICIDE IS A **PERMANENT** SOLUTION
TO A
TEMPORARY PROBLEM

SUICIDE IS NOT AN OPTION!



SUICIDE PREVENTION: WHAT YOU SHOULD KNOW AND DO



Suicide Hotlines

Davis Behavioral Health 801-773-7060

Suicide Hot Line 1-800-273-talk (8255)

En español 1-888-628-9454

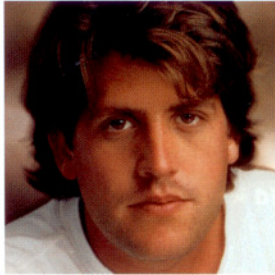
Hopeline 1-800-442-4673

Teen Line 1-877-968-8454

Any type of help call 211



WHAT IS MYTH and WHAT IS FACT?



MYTH: Only experts can prevent suicide.

FACT: Suicide prevention is everybody's business, and anyone can help prevent the tragedy of a suicide.

MYTH: Confronting a person about suicide will only make them angry and increase the risk of suicide.

FACT: Asking someone directly about suicidal intent will lower anxiety and provide communication, which will lower the risk of an impulsive act.

MYTH: No one can stop a suicide, it is inevitable.

FACT: If people in a crisis get the help they need, they will probably never be suicidal again.

MYTH: Those who talk about suicide don't do it.

FACT: Those who talk about suicide are expressing their pain and they are just as likely as those who don't talk about it.

Nationwide

- Suicide is the third leading cause of death for youth ages 15–24.
- One youth completes suicide every two hours.
- Suicide rates for ages 10-14 increased 51% between 1981 and 2004

American Association of Suicidology

Statewide

- Suicide is the second leading cause of death for Utah males ages 10-44.
- Four times as many males as females commit suicide—more females attempt than males.
- 65% of Utah male youth suicide completers had been diagnosed with a psychiatric disorder such as depression.
- 63% of Utah male youth suicide completers had contact with the juvenile justice system
- 16% of Utah high school students said they seriously considered attempting suicide, 14% made a plan of how they would attempt suicide, 8% had attempted suicide, 3% attempted suicide that resulted in an injury that had to be treated by a doctor or a nurse.

Utah Department of Health

WHAT TO LOOK FOR:

Signs of depression

- Feelings of hopelessness
- Loss of motivation and joy
- Change in appetite and sleeping
- Low self-esteem and anxiety



A loss of any kind

- Family
- Friend
- Girlfriend/boyfriend
- Job, etc.

Drastic change in behavior

- Sudden interest or disinterest in religion
- No longer cares about appearance
- Decline in academic performance
- Chronic truancy or tardiness
- Running away



Feeling of isolation and loneliness

- Withdraws from family and friends
- Difficulty talking about problems

Characteristics of aggression, impulsiveness, extreme sensitivity, or perfectionism

- Drug and alcohol abuse
- Giving away prized personal possessions
- Previous suicide attempts
- Talking about death or wanting to kill themselves



WHAT YOU CAN DO:

Ask

- If concerned, don't wait, ask the question
- Even if the person is reluctant, be persistent
- Talk to the person alone, in private
- Allow the person to talk freely
- Have a resource handy



Then ask

- "Will you go with me to get help?"
- "Will you let me help you get some help?"

Refer

People who are suicidal often believe they cannot be helped, so you may have to do more.

- Take the person directly to someone who can help.
- Get a commitment from them to accept help, then make arrangements to get that help.



How to ask

- "Have you been very unhappy lately?"
- "Have you been so unhappy that you've been thinking of ending your life?"

Encourage

- Listen to the problem with full attention
- Remember, suicide is not the problem, it is the perceived insolvable problem
- Do not rush judgement
- Offer hope of any kind
- Help the person recognize any reason for living