

SHATTER THE SILENCE

Suicide: the secret you **shouldn't** keep



WARNING SIGNS

- Talking, thinking or writing about suicide
- Talking about feeling worthless or hopeless
- Losing interest in activities
- Using or increasing use of drugs or alcohol
- Any changes from typical behavior



If your friend tells you they are having thoughts of suicide...

WHAT TO DO

- Be honest and express your concern
- Listen and offer support
- Take them seriously
- Offer to accompany them to seek help

WHAT NOT TO DO

- Think it will go away
- Keep it a secret
- Think nothing can be done
- Think you can fix it all by yourself

TALKING through feelings with your friends and trusted adults can help you realize the need for **HELP**. By showing **CONCERN** and **SUPPORT**, you can **ENCOURAGE** your friend to talk to their parents or another trusted adult about getting help.

WHERE TO GO FOR HELP OR INFORMATION

- Go to the nearest emergency room
- Call 911
- Visit www.dmh.ms.gov
- Call the National Suicide Prevention Lifeline at 1.800.273.TALK (8255)
- Call the Department of Mental Health at 1.877.210.8513

THINK YOU KNOW ABOUT MENTAL ILLNESS?

WHAT IS A MENTAL ILLNESS?

A mental illness is a health condition that causes changes in a person's thinking, mood or behavior. Mental illness is more common than heart disease and cancer combined.

WHAT IS STIGMA?

Stigma is one of the main reasons people do not seek treatment. If you have a family member or a friend with a mental illness, or if you have a mental illness, please remember recovery is possible! You can play a big role in fighting the stigma of mental illness by encouraging your friends and family to seek help.

By being a friend who is
UNDERSTANDING, ACCEPTING
and **COMPASSIONATE**, you can
make a difference!

FOR HELP OR MORE INFORMATION

- Call the Mississippi Department of Mental Health at 1.877.210.8513 •

1 in 5 people will experience a mental illness during their lifetime.

There is hope for people with mental illness.

Mental illness can happen to anyone. No one is immune regardless of age, race, income, or education.

People who have a mental illness can graduate high school or have a successful job just like anyone else. A number of political leaders, artists, musicians and professionals have achieved greatness despite their mental illness.

HOW YOU CAN HELP

Express your concern. Ask for more details about how your friend or family member is managing.

DON'T THINK YOU CAN'T DO ANYTHING

Encourage your friend or family member to get help. If you are someone you know needs help, contact the Mississippi Department of Mental Health's Helpline at 1-877-210-8513.

