



SUICIDE PREVENTION

Suicide is, and continues to be a major issue that touches the lives of millions of people around the world.

With knowledge and resources, we can work together to save lives and prevent suicide.

Factors that contribute to suicide risk

There is no single "cause" of suicide. The following, however, can be considered risk factors:

- ▶ mental disorder, like depression
- ▶ chronic pain or physical illness
- ▶ alcohol and/or drug abuse
- ▶ family history of suicide
- ▶ past or present trauma

Warning Signs

- ▶ talking about suicide, expressing feelings of hopelessness, and/or making comments like "nothing matters"
- ▶ signs of depression – withdrawing from others, losing interest in hobbies and other parts of life
- ▶ physical changes, like sleeping more or less, eating more or less, or changes in hygiene
- ▶ reckless or dangerous behavior
- ▶ making preparations, like giving away belongings or saying goodbye to family and friends

If you are concerned about someone...

Give support. Let the person know that you care about him/her and are there to listen. Regardless of what he/she says, try not to scold, lecture, or get upset. Encourage this person to talk about their feelings and make sure he/she knows that whatever these feelings are, you want to listen and help.

Get help. If someone you know is expressing thoughts of suicide, even slight references, don't assume he/she is joking or won't do it. Connect this person with a counselor or professional right away. If you are concerned about a friend and he/she suddenly appears much happier, this could be a warning sign that he/she has made a plan for suicide. Contact a professional right away.

If you are having thoughts of suicide...

You have nothing to be ashamed of. Don't hide how you feel because you think others will judge you. Your feelings are real, valid, and you deserve to get help.

You matter. Your life is important, and **YOU** are important.

It will get better. How you're **feeling right now** is temporary. Don't make a **permanent decision** based on a temporary feeling.

Get help. Talk to a counselor or someone who can help you. You can also call the National Suicide Prevention Hotline at 1-800-273-8255 or chat online at suicidepreventionlifeline.org.