SUICIDE PREVENTION IN UNCERTAIN TIMES

HELP US MAKE NEWTON & ROCKDALE COUNTIES
COMMUNITIES OF HOPE WHERE
ZERO LIVES ARE LOST TO SUICIDE



KNOW THE WARNING SIGNS

TALK

Killing themselves
Feeling hopeless
Being a burden
Feeling trapped

BEHAVIOR

Isolating themselves
Visiting/calling to say good-bye
Giving away prized possessions
Aggression
Increased drug/alcohol use

Source: American Federation of Suicide Prevention; afsp.org

HAVE AN HONEST CONVERSATION

- Talk to them in private
- Listen to their story without judgement
- Tell them that you care about them
- Ask directly if they are thinking about killing themself
- Encourage them to seek treatment or call their doctor or therapist
- Avoid debating the value of life, minimizing problems, giving advice, or guilt



Source: American Federation of Suicide Prevention; afsp.org

SAFEGUARD YOUR HOME



FIREARMS

Unload
- Use a gunlock or gun safe

Store offsite
- Request temporary storage from local police or gun ranges

MEDICATIONS

Lock
- Keep combination and keys secret

Limit quantity on hand
- FDA has guidelines to safely dispose of unused medications

Source: South Dakota Suicide Prevention; sdsuicideprevention.org

STRESS MANAGEMENT

LEARN SELF-CARE & INCREASE PROTECTIVE FACTORS

- Reduce your stress with exercise & deep breathing
- Learn and repeat positive affirmations
- Focus on things you can control
- Reach out to a trusted adult or positive friend
- Engage with a local Support Group to feel less alone



Source:Georgia DBHDD; dbhdd.georgia.gov

KNOW THE AVAILABLE RESOURCES



my GCAL APP

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org



FIND LINKS, PHONE NUMBERS, AND WEB ADDRESSES FOR OTHER RESOURCES ON THE FLIP SIDE OF THIS DOCUMENT

Created in partnership by:

Newton Rockdale Suicide Prevention Coalition

NAMI Rockdale Newton

View Point Health

Department of Behavioral Health and Developmental Disabilities

VISIT US AT:

Newton Rockdale Suicide Prevention Coalition

NAMI Rockdale Newton

View Point Health

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LOCAL RESOURCES ARE READY TO HELP



DPH
GEORGIA DEPARTMENT OF PUBLIC HEALTH

(844) 442 - 2681

If you believe that you are experiencing symptoms of COVID-19 or have been exposed to the novel coronavirus, please contact your primary care doctor or an urgent care clinic. Please do not show up unannounced at an emergency room or health care facility.

Veterans Crisis Line
1-800-273-8255 PRESS 1

CARES WARM LINE

CARES Warmline
1-844-326-5400
Substance Abuse Challenges
Call or Text Every Day of the Year
8:30 AM – 11:30 PM

GMHCN
GEORGIA MENTAL HEALTH CONSUMER NETWORK

888-945-1414

Who calls the Peer2Peer Warm Line?
People who live with chronic behavioral health conditions like depression or anxiety
People who are experiencing life's challenges, such as grief, or unemployment
People who have limited mobility, but want to remain connected to others
People who are recovering from trauma, and need support

GCADV

WE BEGINS WITH ME

24-Hour Statewide Hotline: 1.800.33.HAVEN (1.800.334.2836)

Georgia Coalition Against Domestic Violence