

HELP SUICIDE

WARNING SIGNS

- Observable serious depression:
 - Unrelenting low mood
 - Pessimism
 - Hopelessness
 - Desperation
 - Anxiety, emotional pain and inner tension
 - Withdrawal from friends and/or family
 - Sleep problems
- Increased alcohol and/or drug use
- Recent impulsiveness and taking unnecessary risks
- Threatening suicide or expressing a strong wish to die
- Making a plan:
 - Seeking access to pills, weapons or other means
- Unexpected rage or anger

WAYS TO BE HELPFUL TO SOMEONE THREATENING SUICIDE

- Be direct. Talk openly and matter-of-factly about suicide.
- Be willing to listen. Allow expressions of feelings. Accept the feelings.
- Don't be sworn to secrecy. Seek support
- Offer hope that help is available.
- Take action. Remove means, such as guns or stockpiled pills.
- Ask them the question - "Are you thinking about suicide?"
- **Get help immediately.**

If you or someone else may be suicidal, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or your local mental health center.

Know that suicide is
NEVER
someone else's fault.