

SUICIDE PREVENTION TIPS

The Burden of Suicide

- For every suicide, it is estimated that six people are seriously impacted by the loss.
- On a broader scale, when a death occurs the community loses the contribution that person could have made to society.
- For every completed suicide of a young person, it is estimated that 100 non-fatal attempts are made. Some of these injuries are treated in the hospital, emergency department or may go without detection.

Prevention Messages

- Early identification of signs and symptoms of mental health disorders, especially depression, is an important part of suicide prevention.*
- Youth can act quickly on suicidal feelings. Therefore, safely storing firearms and medications in the home reduces access to two commonly used suicide methods.
- The stigma of mental health disorders must be addressed in order for individuals needing help to not feel shame, guilt or fear of seeking treatment.
- Specific media guidelines for reporting a suicide death have been developed. This is due to young people being more susceptible to “copycat” the suicide.

Prevention Activities in the State

- Organizations that are partnered and networked with the state provide suicide awareness education, early intervention skills training, referral and information to treatment services and support for family and friends who have experienced the suicide of a loved one.

If you or someone you know is thinking about suicide
PLEASE contact The National Suicide Prevention Lifeline

1-800-273-TALK
(1-800-273-8255)

www.suicidepreventionlifeline.org

*Symptoms of Depression

- A sudden worsening in academic performance
 - Withdrawal from friends and extracurricular activities
 - Expressions of sadness and hopelessness, or anger and rage
- A sudden decline in enthusiasm and energy
 - Overreaction to criticism
- Lowered self-esteem, or feelings of guilt
 - Indecision, lack of concentration, and forgetfulness
 - Restlessness and agitation
- Changes in eating or sleeping patterns
 - Unprovoked episodes of crying
 - Sudden neglect of appearance and hygiene
 - Fatigue
 - The abuse of alcohol or other drugs as young people try to "self-medicate" their emotional pain

Warning Signs of Suicide

- Talking or writing about suicide or death
 - Giving direct verbal cues, such as "I wish I were dead" and "I'm going to end it all"
 - Giving less direct verbal cues, such as "You will be better off without me," "What's the point of living?", "Soon you won't have to worry about me," and "Who cares if I'm dead, anyway?"
- Isolating him- or herself from friends and family
 - Expressing the belief that life is meaningless
 - Giving away prized possessions
- Exhibiting a sudden and unexplained improvement in mood after being depressed or withdrawn
 - Neglecting his or her appearance and hygiene
 - Dropping out of school or social, athletic, and/or community activities
- Obtaining a weapon (such as a firearm) or another means of hurting him- or herself (such as prescription medications)

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