

SUICIDE PREVENTATION

Possible Risk Factors for Suicide

Vary with age, gender, ethnic group and may change over time. Some factors that increase the risk for suicidal thoughts and behaviors:

- Depression, anxiety and/or other mental disorders
- Substance abuse disorder
- Chronic pain
- Prior suicide attempts
- Family history of suicide
- Family violence, including physical or sexual assault
- Firearms in the home
- Having recently been released from jail or prison
- Exposure to suicidal behaviors of others, such as family members or peers

It is important to note that many people who have these risk factors are NOT suicidal.



What are the Warning Signs

You may notice some of these signs in yourself or friends that might be reason for concern:

- Talking about wanting to die or wanting to kill oneself
- Making a plan or looking for a way to kill oneself such as searching on line
- Buying a gun or stockpiling pills
- Feel empty, hopeless, or feeling like there is no reason to live
- Feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing from family or friends or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings
- Saying good-bye to loved ones, putting affairs in order.

Seeking help is a sign of strength. If you are concerned go with your instincts and seek professional help.

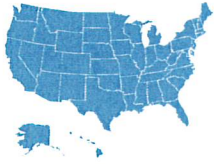
Reaching out to a friend or family member you are concerned about is also a sign of strength and just may save his/her life.

FOR HELP:

- **National Suicide Prevention Lifeline 1-800-273-TALK (8255)**-confidential help 24/7. Visit website: www.suicidepreventionlifeline.org
- **Veteran's Crisis Line: 1-800-273-8255** press 1
- **Crisis Text Line:** text CONNECT to 741-741
- **HealthReach**-information available in multiple language www.healthreach.nim.nih.gov/searchindex/Suicide
- **Help for Mental Illness** www.nimh.nih.gov/findhelp
- **Treatment Referral Routing Services: 1-800-662-HELP (4357)**, funded by the Substance Abuse and Mental Health Services Administration
- In 2014, CDCP reported suicide was the 2nd leading cause in youth between 10-24. While these numbers make suicide seem common, it is still a rare event

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Action Steps for Helping Someone in Emotional Pain



In 2018, suicide claimed the lives of more than **48,000 people** in the United States, according to the Centers for Disease Control and Prevention (CDC). Suicide affects people of all ages, genders, races, and ethnicities.

Suicide is complicated and tragic, but it can be preventable. **Knowing the warning signs for suicide and how to get help can help save lives.**

Here are 5 steps you can take to **#BeThe1To** help someone in emotional pain:



1. ASK:

“Are you thinking about killing yourself?” It’s not an easy question but studies show that asking at-risk individuals if they are suicidal does not increase suicides or suicidal thoughts.



2. KEEP THEM SAFE:

Reducing a suicidal person’s access to highly lethal items or places is an important part of suicide prevention. While this is not always easy, asking if the at-risk person has a plan and removing or disabling the lethal means can make a difference.



3. BE THERE:

Listen carefully and learn what the individual is thinking and feeling. Research suggests acknowledging and talking about suicide may in fact reduce rather than increase suicidal thoughts.



4. HELP THEM CONNECT:

Save the National Suicide Prevention Lifeline number **(1-800-273-TALK)** and the Crisis Text Line **(741741)** in your phone so they’re there if you need them. You can also help make a connection with a trusted individual like a family member, friend, spiritual advisor, or mental health professional.



5. STAY CONNECTED:

Staying in touch after a crisis or after being discharged from care can make a difference. Studies have shown the number of suicide deaths goes down when someone follows up with the at-risk person.

For more information on suicide prevention:

www.nimh.nih.gov/suicideprevention

www.bethe1to.com



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