

SUICIDE IS *Preventable*



***You can
prevent suicide.***

Learn about warning signs, risk factors,
and what to do when someone you
know is thinking about suicide.



NEW JERSEY HUMAN SERVICES

DMHAS

Division of Mental Health
and Addiction Services

New Jersey Department of Human Services
Division of Mental Health and Addiction Services

Warning Signs

Talking about...

- Wanting to die.
- Great guilt or shame.
- Being a burden to others.

Feeling...

- Empty, hopeless, trapped.
- No reason to live.
- Extremely sad, more anxious, agitated, enraged.
- Unbearable emotional or physical pain.

Changing behavior such as...

- Making a plan or researching ways to die.
- Withdrawing, saying goodbye, giving away important items or making a will.
- Taking dangerous risks (e.g., driving extremely fast).
- Eating or sleeping more or less.
- Using drugs and/or alcohol more often.

Risk Factors

- Mental illness, especially depression, Schizophrenia, and bipolar disorder
- Serious physical health conditions
- Traumatic brain injury
- Access to lethal means (e.g., firearms and drugs)
- Prolonged stress such as harassment, bullying relationship problems or unemployment
- Stressful life events
- Exposure to another person's suicide
- Discrimination
- Previous suicide attempts
- Family history of suicide
- Childhood abuse, neglect or trauma
- Generational trauma

Myths

- ✗ Talking about suicide increases the chance a person will act on it.
- ✗ People who talk about suicide are just seeking attention.
- ✗ Suicide cannot be prevented.
- ✗ Once an individual is suicidal, they will always remain suicidal.
- ✗ Most suicides happen suddenly and without warning.

Facts

- ✓ Asking someone directly about suicide lowers anxiety, opens up communication, and lowers the risk of a suicide attempt.
- ✓ People who die by suicide have often told someone about not wanting to live anymore or that they do not see a future.
- ✓ Suicide is a preventable cause of death and almost any positive action may help save a life.
- ✓ Active suicidal ideation is often short-term and situation specific. If people in crisis get the help they need, they may never be suicidal again.
- ✓ Warning signs precede most suicides. Therefore, it is important to learn and understand the warning signs.
- ✓ Talking about suicide does not need to be uncomfortable. Learn ways to comfortably talk about suicide.
- ✓ Your intervention can save a life.



What You Can Do

KNOW THE WARNING SIGNS

If any of these warning signs are present, take it seriously. Keep the 988 Suicide and Crisis Lifeline number handy and use it when needed.

ASK THE QUESTION

“Are you thinking about suicide?” or **“Are you thinking about killing yourself?”** It’s not an easy question to ask but it can help start a conversation.

LISTEN

Let them tell you about the situation and their feelings without judgment. Communicate your understanding of things from their perspective, not yours. Don’t give advice or feel obligated to fix things. Be supportive, active, and aware.

HELP KEEP THEM SAFE

Ask the person if they have a plan. If the answer is yes, stay with them and eliminate access to lethal means as they connect to further support.

HELP THEM CONNECT

Connect the person with the **988 Suicide & Crisis Lifeline** or another community resource. You can also help them reach out to a trusted family member, friend, spiritual advisor, or mental health professional.

FOLLOW UP

Stay in touch with the person. A supportive, ongoing contact can play an important role in suicide prevention.

**IF YOU OR SOMEONE YOU KNOW
IS HAVING THOUGHTS OF SUICIDE
OR NEEDS SUPPORT NOW:**

Call or Text 988

to connect with a trained crisis counselor
24/7 for free and confidential support.

In a life-threatening emergency, call 911.

Resources

988 Suicide & Crisis Lifeline

24/7 free and confidential one-on-one support for mental health, suicide and substance use-related problems for anyone

Call or Text 988

Chat at chat.988lifeline.org

2NDFLOOR Youth Helpline

24/7 free and confidential helpline for New Jersey's youth and young adults

Call or Text 1-888-222-2228

The Trevor Project

24/7 free and confidential counseling support for LGBTQ+ youth and young adults

Call 1-866-488-7386

Text "START" to 678-678

Chat at chat.trvr.org

NJ MentalHealthCares

Behavioral health information and referral service

Monday - Friday, 8AM to 8PM

1-866-202-HELP (4357)

NJ 2-1-1

24/7 Information and referral for health and human service programs

Call 2-1-1 or 1-877-652-1148

Text your zip code to 898-211

The Peer Recovery Warmline

Peer-run support for mental health consumers working towards recovery

Monday - Friday, 8AM to 10PM

Saturday - Sunday 5PM to 10PM

Call 1-877-292-5588

ReachNJ

24/7 referral service for substance use treatment

Call 1-844-732-2465

Cop2Cop

24/7 confidential peer support for NJ law enforcement and their families

Call 1-866-Cop2Cop (267-2267)

Vet2Vet

24/7 support for New Jersey National Guard members, active military personnel, veterans, their families, and caregivers

Call 1-866-838-7654

Veterans Crisis Line

24/7 confidential crisis support for veterans and their loved ones

Call 988 and press "1"

Text 838255

Chat at veteranscrisisline.net

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988

 | SUICIDE & CRISIS
LIFELINE