

# Suicide Prevention

## What to do when someone you know may be suicidal.

Each year 42,773 Americans die by suicide according to the American Foundation of Suicide Prevention. If you know someone who may be suicidal, it's natural to feel uncertain if your fears are founded. It's important to realize raising the topic of suicide doesn't lead to suicide. Ask if they are suicidal then let them talk about their feelings, listen carefully without interruption, and observe their behavior. Here is some information and suggestions to assist you in speaking with someone.



### OBSERVE

- Depression, sadness, or hopelessness
- Withdrawn from family, friends, and activities
- Sudden change in mood such as anxiety, irritability, or aggression
- Increase or decrease in sleep
- Arranging and giving away personal items
- Visiting or calling to say goodbye



### LISTEN

- "I'm in so much pain..."
- "Everyone would be better off without me..."
- "There is no way out..."
- "I'd be better off dead..."



### THINK

- What are the risks and warning signs?
- Is the person in immediate danger?
- Does this person have a therapist?
- What can I do to help?



### SAY

- "Let's talk about the pain you are suffering from."
- "This is your depression talking, not you."
- "You are going to get through this. Let's make an action plan."
- "Suicide is not a solution. Help is available."

There is no single cause for suicide. Suicide most often occurs when someone's stressors exceed normal coping abilities. Conditions like depression, anxiety disorders, substance abuse, and serious or chronic health issues increase the risk for suicide. Yet, it's important to recognize with professional assistance, someone can manage mental or health conditions and lead a fulfilling life.

If you believe someone is in immediate danger, call 9-1-1.

