WHAT IS SUICIDE?

When dealing with suicide it is important to know the different aspects of this complex issue.

1 SUICIDE
The act of taking one's own life intentionally

2 SUICIDE ATTEMPT
A non-fatal, self-directed action intended to cause death. A suicide attempt might not result in injury.

3 SUICIDE IDEATION
Thinking about, considering, or planning suicide.

4 SUICIDE CONTAGION
The process where one suicide within a community increases the likelihood that others will attempt or die by suicide.

KNOW THE PROTECTIVE FACTORS

Knowing the factors that reduce the possibility of suicide is as important as knowing the risk factors that increase it:

1. Problem-solving and conflict resolution skills
2. Strong sense of identity
3. Access to effective mental health care
4. Strong connections to individuals, family, community and social institutions

HOW CAN YOU HELP?

Some are afraid that asking about suicide can put ideas in a person's head. Research has disproven this notion. For most considering suicide, it can be a relief to unburden their feelings.

Family and friends can play important roles in supporting those who are at risk by helping them stay safe, connecting them with professional help, and just being there for them.

Reducing access to guns is one important and very simple way to prevent suicide.

You can help those at risk stay safe by connecting them with professional help, and just being there for them.

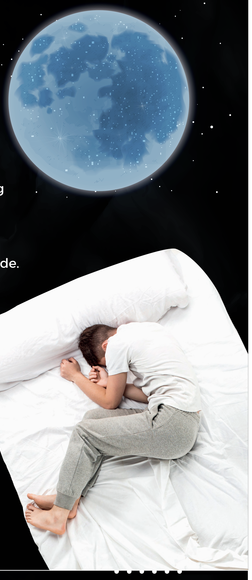
CALL OR TEXT 9-8-8 FOR PROFESSIONAL HELP

SLEEP & EXERCISE

Sleep and exercise might not be the first thing people think of when it comes to suicide, but they are keys to good mental health.

Sleep deprivation has been linked to mental health conditions and increased rates of suicide.

Physical activity eases mental health symptoms by stimulating endorphins, natural substances in the brain that help balance out stress and manage pain.



KNOW THE WARNING SIGNS

THESE INCLUDE

- Isolation
- Feeling like a burden
- Increased anxiety
- Making plans for suicide (such as giving away prized possessions)
- Feeling trapped or hopeless
- Increased substance use
- Increased anger or rage
- Extreme mood swings

IF YOU OR SOMEONE YOU KNOW IS DISPLAYING THESE SIGNS, SEEK HELP PROFESSIONAL HELP IMMEDIATELY!!!

WHAT TO DO TO PREVENT SUICIDE

1. Know the warning signs!
2. Do not be afraid to talk to your friends. Listen to their feelings. Make sure they know how important they are to you.
3. Do not believe you can keep them from hurting themselves on your own. Preventing suicide requires help from others.
4. Don't make deals. Never keep a friend's suicidal plans secret. You have to tell someone in order to save your friend!

IF YOU OR SOMEONE YOU KNOW IS CONSIDERING SUICIDE, DO NOT WAIT.

CALL 9-8-8!!!!

WHAT CAUSES PEOPLE TO HAVE SUICIDAL THOUGHTS?

Many factors may lead a person to suicidal thoughts. Mental health conditions and depression often – though not always – play a major role.

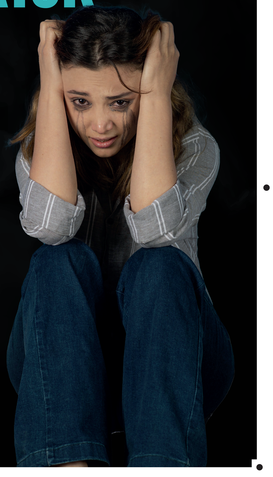
Stressful situations are linked to greater risk for depression and can lead to suicide. Such as:

- Relationship problems
- Bullying
- Economic hardship
- Physical health problems

KNOW THE RISK FACTORS

Understanding the circumstances that lead to suicide can help avoid tragedy:

- Family history of suicide
- Substance abuse
- Intoxication
- Access to firearms
- Serious or chronic medical illness
- History of trauma or abuse
- Prolonged stress
- Recent tragedy or loss



SAMPLE