



PREVENT SUICIDE

DIAL 9-8-8!!!

SUICIDE AND CRISIS LIFELINE: 9-8-8 - SPEAK UP, REACH OUT, & LISTEN

Suicide, the taking of one's own life intentionally, claims nearly 50,000 lives each year. Beyond this there are many others who attempt suicide or who consider it. Many factors may lead a person to suicidal thoughts. Mental health conditions and depression often – though not always – play a major role. If you or someone who know is considering suicide, **DON'T WAIT. CALL OR TEXT 9-8-8!!!**

WHAT'S AT STAKE?

Negative feelings: feeling like a burden, trapped, or hopeless

Increased substance use: both legal and illicit mood altering drugs

Extreme mood swings: increased anger or rage, anxiety

Self-harm: sustaining short-term or permanent injuries

WHO'S AT RISK?

The circumstances that lead to suicide can vary from person to person, but factors that increase the risk include: 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. Recognizing these factors and addressing them is a key step in preventing suicide attempts.





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COMMIT
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HOW TO HELP OTHERS

- Asking about suicide does NOT put ideas in a person's head
- Listen without judgment
- Be a source of support
- Make them aware of resources
- Connect them with professional help
- Call or text 9-8-8

HOW TO HELP YOURSELF

Knowing the factors that reduce the possibility of suicide is as important as knowing the risk factors that increase it. These include: access to effective mental health care, strong connections to individuals, family, community and social institutions, strong sense of identity, and problem-solving and conflict resolution skills.

If you or someone you know is in crisis, don't wait, call/text the National Suicide Crisis Lifeline at 9-8-8.

**YOUR STORY IS NOT OVER.
HELP IS AVAILABLE.**