

# PREVENT SUICIDE: SPEAK UP & REACH OUT

Suicide is often committed out of desperation by people who are experiencing the devastating effects of depression or other mental illnesses.

But mental illnesses can be treated, enabling those who are suffering to overcome their suicidal thoughts. Suicide is a serious problem, but suicide is preventable.

LOST  
NO HOPE  
ALONE  
SUFFERING  
PAIN  
NO CHOICE  
HELP

## WHO IS MOST AT-RISK?

- Suicide affects people of all ages.
- It's the **second-leading** cause of death for people ages **10-14 and 20-34**.
- Men ages **75+** have one of the **highest rates**.
- **Veterans** are at a **higher risk**.



## OVERCOMING SUICIDAL THOUGHTS

Many people have had suicidal thoughts at some point in their lives. It's important to keep these thoughts from ever turning into actions.

- Talk with others about your feelings.
- Avoid drugs and alcohol.
- Focus on the good things in life, even if they're just small things.
- Realize that these feelings will pass eventually.
- Take your mind off negative thoughts by engrossing yourself in other activities.
- Promise yourself that you won't make any drastic decisions.

## PREVENTING SUICIDE

If you believe that someone is actively considering suicide, talk to him or her about it directly with questions like:

**Are you thinking about suicide?  
Have you made a suicide plan?**



OVER 49,000  
DIED BY  
SUICIDE IN  
ONE YEAR.

- Once the conversation has started, keep it going.
- Listen, express concern. Let the person know you care.
- If there are any dangerous items in their possession, remove them.
- Create a Safety Plan with the contact information of supportive family and friends.
- Get a verbal commitment that the person will not act on their suicidal feelings.
- Provide resources, including suicide hotline numbers, and schedule appointments for professional help.



## THE WARNING SIGNS

### PAY ATTENTION IF SOMEONE YOU KNOW

- Talking about wanting to die or their suicide plan.
- Engaging in risky or reckless behaviors.
- Putting their affairs in order or giving away possessions.
- Withdrawing from friends or family.
- Expressing feelings of hopelessness or worthlessness.



MANY WHO HAVE ATTEMPTED SUICIDE AND FAILED  
**ARE GRATEFUL TO BE ALIVE**

KNOW THE SIGNS – PREVENT SUICIDE – DIAL 988