

- Find a behavioral health provider findtreatments.samhsa.gov mentalhealthamerica.net/finding-help
- Psychiatric Hospital
 Walk-in Clinic
 Emergency Department
 Urgent Care Center
- 911 Call 911 for emergencies
- Suicide Prevention Lifeline 1-800-273-TALK
- CrisisChat.org

Be a lifesaver.

Learn how you can fight suicide at afsp.org.



Some People Are More at Risk for Suicide Than Others











HEALTH **FACTORS**

Mental health conditions

- Depression
- Substance use disorders
- Bipolar disorder
- Schizophrenia and psychosis
- · Personality traits of aggression, mood changes and poor relationships
- Conduct disorder
- Anxiety disorders

Serious or chronic health condition and/or pain

Traumatic brain injury

Smoking

ENVIRONMENTAL FACTORS

Access to Lethal Means including firearms and drugs.

Prolonged Stress, such as harassment, bullying, relationship problems, and unemployment.

Stressful Life Events which may include a death, divorce. or job loss.

Exposure to another person's suicide, or to graphic or sensationalized accounts of suicide.

HISTORICAL **FACTORS**

Previous Suicide Attempts

Family History of Suicide

Child Abuse

Risk factors are characteristics or conditions that increase the chance that a person may try to take their life.

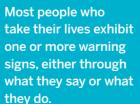
Suicide Warning Signs



TALK

If a person talks about:

- Killing themselves
- Feeling hopeless
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Unbearable pain





BEHAVIOR

Behaviors that may signal risk. especially if related to a painful event, loss, or change.

- Increased use of alcohol or drugs
- Looking for a way to kill themselves, such as searching online for materials or means
- · Withdrawing from activities
- Isolating from family and friends
- · Sleeping too little or too much
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Aggression
- Fatigue



MOOD

People who are considering suicide often display one or more of the following moods.

- Depression
- Anxiety
- Loss of interest
- Irritability
- Humiliation
- Agitation
- Rage

Assume You Are the Only One Who Will Reach Out

IF YOU'RE CONCERNED ABOUT SOMEONE, TALK IN PRIVATE

Listen to their story, and let them know you care. Ask directly about suicide, calmly and without judgement. Show understanding and take their concerns seriously. Let them know their life matters to you. That one conversation could save a life.

AVOID Debating the value of life.

AVOID Advice to fix it.

AVOID Minimizing the person's feelings.

IF A PERSON SAYS THEY ARE THINKING ABOUT SUICIDE

Take the person seriously: someone considering suicide is experiencing a life-threatening health crisis and may not believe they can be helped. Work with them to keep them safely away from lethal means like firearms and drugs and remind them that their suffering is temporary. Stay with them and call the National Suicide Prevention Lifeline: 1-800-273-TALK. Be sure to follow up with them after the crisis to see how they're doing.

IF YOU'RE STRUGGLING

Don't wait for someone to reach out. Seek mental health treatment, or tell your clinician about your suicidal thinking. Treat yourself like you would treat someone else who needs your help.