

SUICIDE PREVENTION



*Make the call.
Start talking.
Reach out.
Take action.*

*because everyone
has a role in
suicide prevention.*

NATIONAL SUICIDE PREVENTION LIFELINE

800.273.8255

24 HOURS A DAY.

7 DAYS A WEEK.

**THERE ARE 121 SUICIDES
IN THE USE EVERY DAY.**

**FOR EVERY 1 SUICIDE REPORTED,
THERE ARE AN ESTIMATED 25 ATTEMPTS.**

**ADULTS BETWEEN THE
AGES OF 45 & 65 HAVE THE
HIGHEST RATE OF SUICIDE.**

**SUICIDE IS PREVENTABLE.
HERE'S HOW TO HELP.**

**MALES ARE 4X MORE LIKELY TO DIE BY
SUICIDE THAN FEMALES.
EVEN THOUGH FEMALES ATTEMPT
TWICE AS OFTEN AS MALES.**

**ALMOST HALF OF ALL SUICIDES IN
2015 WERE COMPLETED BY FIREARM.**

**SPECIFIC GROUPS OF PEOPLE, SUCH
AS MILITARY AND THE LGBTQ
COMMUNITIES, HAVE AN
INCREASED RISK OF SUICIDE.**

NATIONAL SUICIDE PREVENTION LIFELINE

800.273.8255

FOUR RIVERS BEHAVIORAL HEALTH 24 HOUR CRISIS LINE

800.592.3980

CRISIS TEXT LINE

TEXT HELLO TO 741741

AFSP.ORG

QPRINSTITUTE.COM

WWW.SPRC.ORG

SUICIDE PREVENTION

Know the warning signs:

ANY SUICIDE THREAT
A PREVIOUS SUICIDE ATTEMPT
ALCOHOL AND DRUG ABUSE
STATEMENTS REVEALING A DESIRE TO DIE
SUDDEN BEHAVIOR CHANGES
PROLONGED DEPRESSION
MAKING FINAL ARRANGEMENTS
GIVING AWAY PRIZED POSSESSIONS
ACQUIRING A GUN OR STOCKPILING PILLS

Reach out:

IF YOU'RE WORRIED ABOUT SOMEONE, ASK!
ASKING SOMEONE ABOUT SUICIDE DOES NOT
INCREASE THEIR RISK, AND CAN OPEN UP
CONVERSATION.

Then listen!

BE OPEN MINDED AND GIVE THE
PERSON TIME TO TALK.

IF THE PERSON IS CONSIDERING SUICIDE, ALWAYS PROVIDE RESOURCES.

OFFERING TO CALL OR GO WITH THEM TO GET HELP IS EVEN BETTER.

TIPS:



**SAVE THE SUICIDE PREVENTION
LIFELINE AND CRISIS TEXT LINE
NUMBERS IN YOUR PHONE.**

Think about language-

“Committed Suicide” vs. “Died by Suicide”
“Commits” makes suicide sound like a crime. Use the term “died by suicide” instead to help reduce stigma.

“Completed Suicide”
The problem with the term “completed suicide” is that “complete” typically is associated with success. “I completed a project.” Suicide is not a project to be completed. Rather than “She completed suicide,” it is fitting to say, “She died by suicide”.

“Successful Attempt” and “Failed Attempt”
Success is typically good and failure is typically bad. We do not want someone who survives a suicide attempt to then feel like a failure. Avoid the terms related to success and failure. Say, “She survived an attempt, or died by suicide”.

Means Restriction:

If someone you know may be suicidal and has access to firearms, encourage them to lock up their firearm and ask if you can hold on to their ammunition for a while. Reducing access to lethal means is shown to decrease suicidal risk.

Reporting:

If you're a reporter, or just someone talking about suicide, check out the American Foundation of Suicide Prevention's Recommendations for Reporting on Suicide. These tips help reduce suicide contagion.

<https://afsp.org/wp-content/uploads/2016/01/recommendations.pdf>

Training:

Look into evidence-based training like Question, Persuade, Refer (QPR). QPR is a nationally-recognized suicide prevention training for anyone who wants to learn more about how to help. Look for an instructor near you or take a course online.

FOUR
RIVERS
BEHAVIORAL
HEALTH

Regional Prevention Center

**FOR TRAINING OPPORTUNITIES, RESOURCES, OR
QUESTIONS, CONTACT THE REGIONAL PREVENTION
CENTER AT 270.442.8039**