

Suicide Prevention Month

Suicide is the 2nd leading cause of death for people ages 10-34, and numbers are only rising. It can feel scary to talk about suicidal thoughts and feelings, but speaking out saves lives! September is National Suicide Prevention Month, and we invite you to learn more about what to look out for in yourself and others. Help us erase the stigma around suicide by raising awareness and encouraging others to speak up and seek support.

Mental Health By the Numbers | NAMI: National Alliance on Mental Illness. (n.d.). <https://nami.org/mhstats>

Risk Factors

- ✓ Previous attempt
- ✓ Feel hopeless, worthless, lonely
- ✓ Stressful life event
- ✓ Substance use problem
- ✓ Access to firearms
- ✓ Underlying psychiatric condition
- ✓ Family history
- ✓ Medical condition
- ✓ LGBTQIA+

Dos and Don'ts

- **Do** talk about it! It is OK to ask about suicide and talk about suicide.
- **Don't** assume it is about attention. If someone talks about suicide, take it seriously.
- **Do** know the warning signs.
- **Don't** act shocked.
- **Do** remain calm.
- **Don't** say you know how they feel.
- **Do** offer empathy, listen, ask questions, remain non-judgmental.
- **Don't** tell someone what they should be grateful for what they have to live for.
- **Do** encourage and help get them connected to professional support

Warning Signs

- ❑ Talking about suicide
- ❑ Getting the means to take your life
- ❑ Withdrawing from social contact & wanting to be left alone
- ❑ Having mood swings – highs and lows one day to the next
- ❑ Being preoccupied with death, dying or violence
- ❑ Feeling trapped or hopeless about a situation
- ❑ Increasing use of alcohol or drugs
- ❑ Changing normal routine, including eating or sleeping patterns
- ❑ Doing risky or self-destructive things
- ❑ Giving away belongings or getting affairs in order when there's no logical explanation for doing this
- ❑ Saying goodbye to people as if they won't be seen again
- ❑ Developing personality changes or being severely anxious or agitated

24/7 Resources

Suicide and Crisis Lifeline
Call or text 988

Veterans Crisis Line
Call 988 and press 1
Text 838255

Trevor Project
866-488-7386
Text START to 678-678



Your Members Assistance Program is here to help you as you navigate life's challenges. For confidential, caring, professional assistance 24/7, call

877.318.1717

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