

SEPTEMBER

Did you know... that suicide is the 10th leading cause of death in the United States?

Suicide can happen to people of any age, ethnicity or gender. Everyone can help prevent suicide by knowing the warning signs and how to help.

Signs of Suicide

- Talking about wanting to die or to kill oneself
- Looking for a way to kill oneself
- Talking about feeling hopeless or having no purpose
- Talking about feeling trapped or being in unbearable pain
- Acting anxious, agitated, or reckless
- Showing rage or talking about seeking revenge

Causes of Suicide

Suicidal thoughts have many causes. Most often, suicidal thoughts are the result of feeling like you can't cope when you're faced with what seems to be an overwhelming life situation. If you don't have hope for the future, you may mistakenly think suicide is a solution. You may experience a sort of tunnel vision, where in the middle of a crisis you believe suicide is the only way out. **Causes of suicidal thoughts include:**

- Clinical conditions like depression, bipolar disorder, and schizophrenia
- Grief or loss of a loved one
- A side effect of some medicines
- Family history of suicide or depression
- Money and relationship problems
- Increasing use of alcohol and/or drugs

Do's and Don'ts of Suicide Prevention

Don't:

- Ignore a threat of suicide
- Keep someone's threat of suicide a secret
- Dare or challenge someone who has threatened to commit suicide
- Leave a person alone if they talk about suicide

Do:

- Ask how the person plans to carry out the suicide. Has he or she acquired a gun or pills?
- Waste no time in finding help. Contact friends, family members, a family doctor, a member of the clergy, a crisis intervention center, and/or a suicide prevention hotline.

Suicide Prevention Resources

- Suicide Prevention Lifeline: **800.273.8255**
- Crisis Text Line: Text **TALK** to **741.741**
- Local Emergency Response: **911**

You may also visit a hospital emergency room, an urgent care center, or a psychiatric hospital walk-in clinic.