

SUICIDE

WARNING SIGNS

1

TALKING ABOUT SUICIDE OR SELF-HARM

2

**SEEKING OUT DEADLY MEANS OF
HARMING THEMSELVES**

3

OBSESSION WITH DEATH

4

HOPELESS FUTURE

5

SELF-HATRED, FEELINGS OF SHAME OR GUILT

6

UNUSUAL OR UNEXPECTED GOODBYES

7

WITHDRAWING FROM OTHERS

8

SELF-DESTRUCTIVE BEHAVIOR

9

**A SUDDEN SENSE OF CALM AND HAPPINESS
AFTER BEING EXTREMELY DEPRESSED**

These are signs to watch out for with a friend or loved one that you may be concerned about had suicidal thoughts. Reach out to a mental health professional for steps on intervening and getting them help.



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COMMON MISCONCEPTIONS ABOUT SUICIDE

THEY REALLY WON'T DO IT.

Most people who attempt suicide have given some clue or warning. Don't ignore direct or indirect references to death or suicide.

IF YOU TRY TO KILL YOURSELF, YOU MUST BE CRAZY.

Most suicidal people are not crazy or insane. They may just be going through a really rough patch in life and not able to cope.

NOTHING IS GOING TO STOP THEM IF THEY WANT TO KILL THEMSELVES.

Most suicidal people do not want death, they just want the pain to stop. The impulse to end it all, however overpowering, does not last forever.

PEOPLE WHO ARE UNWILLING TO SEEK HELP DIE FROM SUICIDE.

Studies have shown that suicide victims have sought medical help prior to their deaths.

IF I TALK ABOUT SUICIDE IT MAY GIVE THEM THE IDEA TO DO IT.

Bringing up the subject of suicide and discussing it openly with them is one of the most helpful things you can do.



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WHEN TALKING TO A **SUICIDAL** PERSON

Remember to be yourself. Let the person know they are not alone and that you care. Show your concern with your words and body language.

Just Listen. Let the suicidal person vent. The conversation may be negative, but the fact they are willing to talk is a positive sign.

Be understanding and concerned. Let them know they are doing the right thing by talking about their feelings.

Let the person know there is hope. Help is available, and their feelings are temporary. Reassure them that they are important to you.

Be sure to take the person seriously. Listen to the person and show you are concerned. Let them know it is okay to share their pain with you.

Do not argue with the suicidal person. Avoid invalidating their feelings.

Don't promise to keep their suicidal feelings a secret. You may have to reach out to mental health professional or someone close to that person to intervene.

Don't act as if you have the answers to all of their problems. It's not about the problems being big or small but the way the person is hurting from them.

Try not to blame yourself. You can't fix someone, and their happiness is not up to you.



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