



Let's Talk About...

Suicide

With effective care, suicidal thoughts are treatable and suicide is preventable.



Warning Signs

- increased alcohol and drug use
- aggressive behavior
- withdrawal from friends and family
- collecting pills or buying a weapon
- tying up loose ends, like organizing personal papers or paying off debt
- saying goodbye to friends and family



Risk Factors

- 46% of people who die by suicide had a known mental health condition
- gender, more women attempt suicide but men are 4x more likely to die by suicide
- intoxication, more than 1 of 3 people who die by suicide are under the influence



How to Approach a Suicide-Crisis

- talk openly and honestly
- don't argue or raise your voice
- don't debate whether suicide is right or wrong
- be patient

Sources for Help

- National Suicide Prevention Line:
1-800-273-8255 (TALK)
- or call 911 immediately