

Suicide Prevention Information

If you are in a crisis and need help right away, call this toll-free number, available 24 hours a day, every day:

1-800-273-TALK (8255). You will reach the National Suicide Prevention Lifeline, a service available to anyone.

You may call for yourself or for someone you care about. All calls are confidential

Research shows that risk factors for suicide include depression and other mental disorders, or a substance-abuse disorder (often in combination with other mental disorders). More than 90 percent of people who die by suicide have these risk factors.

Stressful life events, in combination with other risk factors, such as depression. However, suicide and suicidal behavior are not normal responses to stress; many people have these risk factors, but are not suicidal.

- A prior suicide attempt
- A family history of mental disorder or substance abuse
- A family history of suicide
- A family violence, including physical or sexual abuse
- Firearms in the home.
- Exposure to the suicidal behavior of others, such as family members, peers.

Intervention

You should ask the difficult questions that can help you understand that person's state-of-mind and intentions. Don't be afraid to approach the issue directly and just ask: "Are you thinking of killing yourself?" If you think a person is in immediate danger, do not leave him or her alone until you have found help. Try to get the person to seek immediate help from his or her doctor or the nearest hospital emergency room, or call 911. Eliminate access to firearms or other potential tools for suicide, including unsupervised access to medications.

Suicide was the eighth leading cause of death for males and the sixteenth leading cause of death for females in 2004.

Almost four times as many males as females die by suicide.

Firearms, suffocation, and poison are by far the most common methods of suicide, overall. However, men and women differ in the method used.

Warning Signs:

- Threatening to hurt or kill oneself or talking about wanting to hurt or kill oneself
- Looking for ways to kill oneself by seeking access to firearms, pills, or other means
- Talking or writing about death, dying, or suicide when these actions are out of the ordinary for the person
- Feeling hopeless
- Feeling rage or uncontrolled anger or seeking revenge
- Acting reckless or engaging in risky activities - seemingly without thinking
- Feeling trapped-like there's no way out
- Increasing alcohol or drug use
- Withdrawing from friends, family, and society
- Feeling anxious, agitated, or unable to sleep or sleeping all the time
- Experiencing dramatic mood changes
- Seeing no reason for living or having no sense of purpose in life