Warning Signs

The first step is knowing what to look for.

Here are some warning signs that someone might be contemplating suicide:

- Disturbed sleep patterns
- Anxiety, agitation
- Extremely self-hating thoughts
- Feeling like they don’t belong
- Personal hopelessness
- Irritability and rage
- Feeling trapped
- Feeling that they are a burden to others
- Loss of interest in favorite activities
  “Nothing matters”
- Experiencing unbearable pain
- Preparing for suicide

HOW YOU CAN HELP PREVENT SUICIDE

PRODUCED BY
THE GLENDON ASSOCIATION
& PSYCHALIVE.ORG

Websites:
www.glendon.org
www.psychalive.org

Phone:
1-800-663-5281

Email:
glendon@glendon.org

Take a minute, change a life
What to do:

1) Let them know you are concerned
   • Tell them you are concerned and that you are there to help
   • Listen and stay engaged

2) Ask if they are thinking about suicide
   • Talking about suicide will not make them take action
   • Asking shows that you care and allows them to talk about their feelings. Identify whether or not the person is currently thinking about suicide.
   • Be direct ask:
     - How are you coping with what’s been happening in your life?
     - Have you thought about suicide?
     - Have you thought about how you would do it?

3) Keep them safe
   • Stay with them until they are safe

4) Take action to get help now
   • Tell them there are other options than suicide
   • Don’t assume they will get better or that they will seek help on their own

5) Help them connect with professional help
   • Make an appointment with a mental health professional. Offer to take them.
   • If they are in immediate danger call 911 or take them to the emergency room at the nearest hospital
   • Call the National Suicide Prevention Lifeline 1-800-273-TALK (8255) available 24/7. They can support you and talk to the suicidal person
   • Stay connected with them

Do’s and Don’t’s of Suicide Prevention

When you are assisting someone you feel may be suicidal, there are certain things you should do & certain things you should not do.

DOs:

Be aware. Learn the warning signs.
Get involved. Make yourself available.
Show interest and support.
Be direct. Ask if she or he is thinking about suicide.
Be willing to listen. Allow expressions of feelings. Accept the feelings.
Be non-judgmental. Don’t debate whether suicide is right or wrong, or feelings are good or bad.
Offer empathy, not sympathy.
Offer hope that alternatives are available and help them take action.

DON’Ts:

Don’t ask why. This encourages defensiveness.
Don’t act shocked. This will put distance between you.
Don’t lecture on the value of life.
Don’t dare him or her to do it.
Don’t be sworn to secrecy. Seek support.

Helpful Resources

National Suicide Prevention Lifeline
1-800-273-TALK (8255)
www.suicidepreventionlifeline.org
Contact them anytime if you’re worried about someone. They will help you or the suicidal person. (Call or Chat Online)

Crisis Text Line
Text CONNECT to 741741

Trevor Project
www.thetrevorproject.org (LGBTQ)

Veterans Crisis Line
www.veteranscrisisline.net
1-800-273 TALK (8255) PRESS 1

Helpful Apps:
• My3 Safety Plan
• Operation Reach Out (Veterans & Military Families)
• Virtual Hope Box