



SUICIDE PREVENTION

SIGNS AND SYMPTOMS OF SUICIDAL IDEATION

- Threatening to hurt or kill themselves
- Actively seeking ways to kill themselves
- Talking, writing, or posting about death, dying, or suicide
- Hopelessness
- Rage, anger, seeking revenge
- Reckless or risky behavior
- Feeling trapped (as if there is no way out)
- Increasing drug/alcohol use
- Withdrawing from friends, family, or society
- Anxiety, agitation, sleep disruptions
- Dramatic changes in mood
- No sense of purpose in life

SOURCE: Mental Health First Aid USA

www.seasonscenter.org | 800-242-5101 | 24/7 Crisis Line: 844-345-4569

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SUICIDE PREVENTION DOs & DON'Ts

- Be direct. Talk openly and matter-of-factly 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 whether feelings are good or bad. Don't lecture on the value of life.
- Get involved. Become available. Show interest and support.
- Don't dare them to do it.
- Don't act shocked. This will put distance between you.
- Don't be sworn to secrecy. Seek support.
- Offer hope that alternatives are available but do not offer glib reassurance.
- Take action. Remove means, like weapons or pills.
- Get help from people or agencies specializing in crisis intervention and suicide prevention.

SOURCE: National Suicide Prevention Lifeline

RISK FACTORS OF SUICIDE

- Depression, other mental disorders, or substance use disorder.
- Certain medical conditions.
- Chronic pain.
- A prior suicide attempt.
- Family history of a mental disorder or substance use.
- Family history of suicide.
- Family violence, including physical or sexual abuse.
- Having guns or other firearms in the home.
- Having recently been released from prison or jail.
- Being exposed to others' suicidal behavior, such as that of family members, peers, or celebrities.

SOURCE: National Institute of Mental Health

National Suicide &
Crisis Line: **988**

Seasons 24/7 Crisis & Talk Line: 844-345-4569