

SUICIDE AWARENESS

This month is National Suicide Prevention Month. [Suicide rates increased 37% between 2000-2018 and decreased 5% between 2018-2020. However, rates nearly returned to their peak in 2021, and rose 2.6% in 2022.](#)

JED Foundation provides several short videos for dialogue about breaking the stigma of suicide, and how to ask for help. <https://jedfoundation.org/our-work/its-ok-to-say-suicide/> (1.5-3.5 min videos)

If you have a little more time on your hands, the short film “DOWN” addresses suicide prevention in a more engaging way.

<https://www.youtube.com/watch?v=FvRH5AhPmzk> (20 mins)

Do you need to offer support to someone who has attempted suicide, or are you worried you would not know how to handle offering support? Suicide Line can help guide you. <https://suicideline.org.au/concerned-about-someone/supporting-someone-after-a-suicide-attempt/>

Additionally, if a family member or someone you know has attempted suicide, please see this resource from the American Foundation for Suicide Prevention. <https://afsp.org/when-a-loved-one-has-made-an-attempt/>

More information below



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WARNING SIGNS OF SUICIDE:

The behaviors listed below may be some of the signs that someone is thinking about suicide.

TALKING ABOUT:



- ▷ Wanting to die
- ▷ Great guilt or shame
- ▷ Being a burden to others

FEELING:



- ▷ Empty, hopeless, trapped, or having no reason to live
- ▷ Extremely sad, more anxious, agitated, or full of rage
- ▷ Unbearable emotional or physical pain

CHANGING BEHAVIOR, SUCH AS:



- ▷ Making a plan or researching ways to die
- ▷ Withdrawing from friends, saying goodbye, giving away important items, or making a will
- ▷ Taking dangerous risks such as driving extremely fast
- ▷ Displaying extreme mood swings
- ▷ Eating or sleeping more or less
- ▷ Using drugs or alcohol more often

If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.

988 Suicide & Crisis Lifeline
Call or text 988
Chat at 988lifeline.org

Crisis Text Line
Text "HELLO" to 741741



nimh.nih.gov/suicideprevention

5 Action Steps for Helping Someone in Emotional Pain



ASK

"Are you thinking about killing yourself?"



KEEP THEM SAFE

Reduce access to lethal items or places.



BE THERE

Listen carefully and acknowledge their feelings.



HELP THEM CONNECT

Call or text the 988 Suicide & Crisis Lifeline number (988).



STAY CONNECTED

Follow up and stay in touch after a crisis.



Equity is
Imperative