

Suicide Prevention

Have the Conversation

One Moment Can Change a Lifetime

As stated by the *Harvard T.H. Chan School of Public Health*, “suicide with a gun is often an irreversible solution to what is often a passing crisis.” Firearms accounted for 23,854 suicides in 2017.

What are the Warning Signs? *

According to the *American Foundation for Suicide Prevention*, look for changes in:

Mood:

- Depression
- Anxiety
- Loss of interest
- Irritability
- Humiliation/Shame
- Agitation/Anger
- Relief/Sudden Improvement

Behaviors:

- Aggression
- Increased use of alcohol or drugs
- Withdrawal
- Isolating from family and friends
- Different sleep patterns
- Fatigue
- Looking for ways to end life
- Giving away possessions and calling people to say goodbye

Talking saves lives over →



Ask the Question... Save a Life!*

If a person talks about unbearable pain, feeling trapped, being a burden to others, feeling hopeless, or having no reason to live, you need to ask if they have considered or are considering suicide. This is a safe conversation to have and will be appreciated by the receiver.

These feelings often can be triggered by a painful event, loss, or change such as a divorce, job loss, financial insecurity or death of another by suicide.

What to do Next?

- Remove any lethal means such as a gun immediately.
- Call 911 for immediate emergencies.
- Stay with the person, have them call a hotline, or take them to a clinic.

Resources:

- **National Hotline:** 1-800-273-8255
- **Crisis Text Line:** Text TALK to 741741
- **LGBTQ Hotline:** 866-488-7386
- **Veterans:** 1-800-273-TALK (press 1)
- **Deaf, Hard of Hearing, Hearing Loss Hotline:** 1-800-799-4889
- **Cape and Islands:** 1-800-893-9900
- **Samaritans Cape:** 508-548-8900

Visit:

www.afsp.org (*American Foundation for Suicide Prevention*)

www.suicideispreventible.org

* material sourced from **AFSP** website