



PREVENTING SUICIDE

If you or someone you know is considering suicide, please call The U.S. National Suicide Prevention Lifeline at 800-273-TALK (8255) or Burke's 24-Hour Mental Health Crisis Hotline at 800-392-8343.

You Can Help Prevent Suicide

The effects of suicide are not limited to those who die. Suicide is a serious public health problem that has shattered the lives of millions of people, families, and communities nationwide. We can all take action to reduce its toll. A variety of strategies are available for individuals and organizations across the United States to help prevent suicide.

Risk Factors

Although suicide can affect anyone, the following populations are known to have an increased risk for suicidal behaviors:

- Individuals with mental illnesses, including depression, and/or substance use disorders
- Individuals bereaved by suicide
- Individuals in justice and child welfare settings
- Individuals who engage in nonsuicidal self-injury
- Individuals who have attempted suicide
- Individuals with medical conditions
- Individuals who are lesbian, gay, bisexual, or transgender (LGBT)
- Members of the Armed Forces and veterans
- Men in midlife and older men

Warning Signs

Everyone can play a role in preventing suicide by being aware of the warning signs of suicidal behaviors:

- Talking about wanting to die, being a burden to others or feeling hopeless, trapped, or in unbearable pain
- Looking for a way to kill oneself
- Increasing the use of alcohol or drugs

- Acting anxious, agitated, or reckless
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings.

What You Can Do

If you believe someone is at risk of suicide:

- Ask them if they are thinking about killing themselves. This will not put the idea into their heads or make it more likely that they will attempt suicide.
- Call the U.S. National Suicide Prevention Lifeline at 800-273-TALK (8255)
- Take the person to an emergency room or seek help from a medical or mental health professional
- Remove any objects that could be used in a suicide attempt
- If possible, do not leave the person alone.

For More Information

For additional information about the National Strategy for Suicide Prevention, visit the websites below:

- <http://www.surgeongeneral.gov/library/reports/national-strategy-suicide-prevention/index.html> <http://www.samhsa.gov/nssp>
- <http://www.actionallianceforsuicideprevention.org/NSSP>
- <http://www.suicidepreventionlifeline.org>
- <http://www.sprc.org>



Get more information at: MyBurke.org/REAL
24-Hour Crisis Hotline: 1-800-392-8343
Appointments and Information: 936-634-5010