



# 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.*

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## **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](http://MyBurke.org/REAL)  
24-Hour Crisis Hotline: 1-800-392-8343  
Appointments and Information: 936-634-5010