

Suicide Prevention - Everyone Plays a Role in Suicide Prevention

If you or someone you know is in immediate danger call 911.

Suicide is a preventable. You can help prevent suicide by knowing the warning signs:

- Talking about wanting to die
- Looking for a way to kill oneself
- Talking about feeling hopeless or having no purpose
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious, agitated or recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

If you are concerned someone is at risk for suicide:

- Ask them if they are thinking about killing themselves (this will not put the idea in their head or make it more likely that they will attempt suicide)
- Stay with the person (do not leave them alone)
- Remove any firearms, alcohol, drugs or sharp objects that could be used in a suicide attempt
- Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255)
- Take the person to an emergency room or seek help from a medical or mental health professional.