

SUICIDE PREVENTION

At some time in our lives, people think about suicide. People in a crisis may think their situation is hopeless and lose control. Most decide not to commit suicide because they are able to see there is something to live for beyond their current situation. On the other hand, others do not see a reason to live and actively plan and carry out suicide. In order to prevent a suicide, it is very important to recognize when a person is at risk for killing himself.

Warning Signs

Severe depression with restlessness
Inability to sleep or sleeping too much
Withdrawing from friends, family and life
Increase alcohol and/or drug use
Giving away personal items
Anxiety, agitation, rage, or anger
Unpredictable mood swings
Feeling like there is no way out
Hopelessness
Constantly talking or writing about death
Seeking out information about suicide

What Family Members & Friends Should Know

Suicidal ideas are usually associated with treatable conditions
People who try or actually commit suicide try to let someone know by leaving a note
All suicide threats should be taken seriously
Suicidal ideas occur when people are depressed, intoxicated or irrational
Suicidal thinking can consume a person
Suicide risk increases when a person who has been severely depressed suddenly has more energy
Most common ways of suicide – pills, guns, poisons, hanging, breathing carbon monoxide, jumping off high places, and accidents

How Can I Help When Someone is Threatening Suicide?

Take Action!

Take his/her words seriously and respond with compassion
Do not leave them alone
Call 911 and have person taken to the emergency room
Accompany the person to the emergency room and provide the physician with information

Discharge Instructions Following an Episode of Suicide Threats or Actions

Remove all firearms, weapons (of any kind) or any unneeded medicines that could be used.
Take person to follow-up mental health appointments.
Have your loved one sign a release that allows you to contact the mental health provider.
Talk openly and direct about suicidal thoughts.
Listen. Allow expressions of feelings.
Block all inappropriate internet websites and social media.
Offer to be available to them at any time.
Be available to accompany them to the nearest emergency department.
Call other family members or friends to help and offer support.
Get help from agencies that specialize in crisis intervention
Using the information here and other community resources create a suicide safety plan
Example: Call support networks, crisis lines, 911, go to emergency room, call Mobile Crisis Team, call mental health provider

SUICIDE PREVENTION RESOURCES

Hamilton County

281-CARE (2273) Hotline
Psychiatric Emergency Services - 513.584.8577
Mobile Crisis Team - 513.584.5098

Butler County

Butler County Consultation & Crisis - 513.881.7180 (Mobile Crisis Response Team)

Clermont County

Emergency Crisis Hotline – 513.528.SAVE (7283)

Northern Kentucky

NorthKey Emergency Crisis Line – 859.331.3292

National

National Hotline - 1.800.273.TALK (8255)
www/suicidepreventionlifeline.org