SUICIDE PREVENTION MONTH 2021

KNOW THE WARNING SIGNS

HERE'S WHAT TO LOOK FOR

**MOOD**
- Anxiety
- Depression
- Loss of interests
- Feelings of irritability or humiliation
- Feeling trapped or hopeless
- Feeling like a burden to others
- Feelings of irritability or humiliation
- Having no sense of purpose
- Sudden Mood Changes

**TALK**
- Suicidal ideations
- Negative view of self
- expressing guilt or shame
- Talking about unbearable pain or feeling trapped
- Talking about being a burden to others

**BEHAVIOR**
- Isolation from family and friends
- Reckless behavior
- Increased use of drugs and alcohol
- Giving away possessions
- Sudden mood changes
- Withdrawal
- Changes in sleep patterns
- Aggression or Agitation
- Searching for ways to kill themselves

National Suicide Prevention Lifeline
(800) 273-TALK (8255)
Risk factors are characteristics that make it more likely that someone will consider, attempt, or die by suicide. They can't cause or predict a suicide attempt, but they're important to be aware of.

- Mental disorders, particularly mood disorders, schizophrenia, anxiety disorders, and certain personality disorders
- Alcohol and other substance use disorders
- Hopelessness
- Impulsive and/or aggressive tendencies
- History of trauma or abuse
- Major physical illnesses
- Previous suicide attempt(s)
- Family history of suicide
- Job or financial loss
- Loss of relationship(s)
- Easy access to lethal means
- Local clusters of suicide
- Lack of social support and sense of isolation
- Stigma associated with asking for help
- Lack of healthcare, especially mental health and substance abuse treatment
- Cultural and religious beliefs, such as the belief that suicide is a noble resolution of a personal dilemma
- Exposure to others who have died by suicide (in real life or via the media and Internet)
If you know someone who is struggling emotionally, it is important to look out for these signs. You can be the difference in getting them the help they need. If you suspect that they might be suicidal, encourage them to talk about how they are feeling.

You might not always know what to say. It is completely normal to feel uncomfortable talking about suicide.

It might help to:

- Ask: Research shows people who are having thoughts of suicide feel relief when someone asks after them in a caring way. Findings suggest acknowledging and talking about suicide may reduce rather than increase suicidal ideation.
- Encourage appropriate professional help and assist in finding it
- Encourage self-help and other appropriate strategies.
- Let them know they are not alone and you are thinking about them.
- Be non-judgmental. Criticizing or blaming them might make them shut down.
- Repeat their words back to them in your own words. This shows you are actively listening.
- Ask them to talk about the reasons for living and dying. Go more into detail about their reasons for living.
- Give reassurance and information and let them know they will not feel this way forever.
- Ask them if they have a plan for ending their life.
- Encourage them to focus on getting through the day rather than their future.
- Get support for yourself. It is important to also take care of yourself when you are supporting someone going through a difficult time.
Best Practices for Covering Suicide

- Don't include photos of funerals, grieving family, friends, or memorials.
- Don't quote the suicide note or describe the method that they used.
- Don't use insensitive headlines such as "They Used Shotgun to Commit Suicide"
- Always include a phone number or information for people to refer to when in a crisis. The National Suicide Prevention Lifeline toll-free number is 1-800-273-TALK(8255)
- Don't refer to suicide as "unsuccessful," or "successful," or "failed attempt." Use "killed themselves" or "died from suicide"
- Don't report on suicide as a crime. Instead refer to it as a public health issue.
YOU ARE NOT ALONE

If you or someone you know is a danger to themselves or others, please call 911. You can see more information on the If In Crisis Section of our NAMI Virginia Webpage, including how to contact the Emergency Services Number for your Local Community Services Board which is available 24/7 and responds to psychiatric emergencies.

Text “NAMI” to 741741 if you are having suicidal thoughts or urges.

*NAMI Virginia does NOT provide crisis services or direct services, so if you or a loved one is experiencing a psychiatric crisis, please refer to these resources.

National Suicide Prevention Lifeline 24/7
(800) 273-TALK (8255)
https://suicidepreventionlifeline.org/chat

Boys Town National Hotline 24/7
(800) 448-3000

National Hopeline Network 24/7
(800) SUICIDE

National Youth Crisis Hotline 24/7
(800) 442-HOPE (4673)

The Trevor Project 24/7 – crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning youth.
1-866-488-7386
https://www.thetrevorproject.org/
RESOURCES AND WEBSITES REFERENCED

https://suicidepreventionlifeline.org/

https://www.rethink.org/advice-and-information/carers-hub/suicidal-thoughts-how-to-support-someone/

https://suicidepreventionlifeline.org/help-someone-else/


https://reportingonsuicide.org

TO SEE NAMI VIRGINIA’S FULL LIST OF WEBSITE RESOURCES BY CATEGORY, PLEASE VISIT HERE OR E-MAIL INFO@NAMIVIRGINIA.ORG