

Suicide Prevention Tip Sheet

Signs of Suicide Risk	Interventions
<ul style="list-style-type: none"> • Withdrawing from family and friends • Giving away valued items • Taking dangerous/reckless risks • Extreme moods swings and/or behaviors • Significant changes in appetite and sleep • Expressing thoughts of death or being a burden on others • Sending and/or sharing unusual goodbye messages • Verbalizing intent to harm themselves • History of suicide attempts • Exposure to another individual's suicide • Impacted by significant life event (such as financial crisis or loss of loved one) • Increased use of alcohol and/or drugs 	<ul style="list-style-type: none"> • Removing access to weapons that could be used for self-harm (firearms, knives, etc.,) • Directly discussing concerns about changes in behavior • Offer to help them schedule to see their physician or a counselor • Stay with them until a safety plan can be achieved • Offer to help watch their children, pets, home, etc., while they seek help • Visit your nearest emergency department for evaluation
Effective Treatments	Resources
<ul style="list-style-type: none"> • Primary Care Provider • Mental health counselor • Pastoral counselor • Psychiatrist • Peer support groups (In-person or online) • Intensive Outpatient Treatment • Inpatient Behavioral Health 	<ul style="list-style-type: none"> • https://www.crisistextline.org/ - Text "Home" to 741741 to connect with a counselor via text at any time. • https://suicidepreventionlifeline.org/ - Call 988 • https://www.mhanational.org/find-support-groups • https://mhanational.org/ https://findtreatment.gov/