Let's Talk About...

Suicide prevention

Suicide affects the lives of hundreds of families from the Intermountain West each year. Know the signs that someone is at risk for suicide. Help is available anytime, anywhere.

What are the signs that someone is at risk for suicide?

If you are feeling any of the following signs or know someone who is, call and get help.

- Withdrawing from friends, family, or society
- Feeling anxious or agitated, being unable to sleep, or sleeping all the time and/or change in eating habits
- Experiencing dramatic mood changes
- Talking about wanting to hurt or kill one's self
- Looking for ways to kill one's self by seeking access to firearms, available pills, or other means
- Talking or writing about death, dying or suicide when these actions are out of the ordinary for the person
- Feeling hopeless
- Feeling rage or uncontrolled anger or seeking revenge
- Acting reckless or engaging in risky activities seemingly without thinking
- Increasing alcohol or drug use
- Seeing no reason for living or having no sense of purpose in life
- Bullying Behaviors such as bullying others, being the victim of bullying or both
- Feeling trapped and seeing no way out

How do I reduce suicide risk at home?

To help reduce the risk of self-harm or suicide at home, here are some things to consider:

- Monitor internet use, phones and websites such as face book, twitter accounts for at risk behaviors
- Guns are high risk and the leading means of death for suicidal people. Take guns out of the home or secure them.
- Overdoses are common and can be lethal. Take pain relievers, such as aspirin, Advil® and Tylenol® out of the home. If it is necessary to keep them in the home, only keep small quantities or consider locking them in a container. Keep other necessary medications locked away.
- Alcohol use or abuse can decrease inhibition and cause people to act more freely on their feelings. Take alcohol out of the home or only keep small quantities locked away.

What do I do after a suicide attempt?

After a suicide attempt, create a safety plan to help prevent another attempt. Remember that no one can guarantee safety. The goal is to reduce the risks and build supports for everyone in the family.

In a crisis, you can use these resources:

- **Lifeline**
  1-800-273 TALK (8255)
  A 24-hour, toll-free crisis hotline that links callers to a nearby crisis center. http://www.suicidepreventionlifeline.org
- **American Academy for Child and Adolescent Psychiatry**
  http://www.aacap.org/
- **Kid's Health**
  http://kidshealth.org/
- **National Suicide Hope Line**
  1-800-784-2433
  Connects callers to the crisis center nearest to them.
  http://www.hopeline.com
- **NAMI Utah**
  1-801-323-9900 or 1-877-230-6264
  www.namiut.org

- **Para la PREVENCION de SUICIDIO**
  1-888-628-9454. Informate y toma accion preventive
  http://www.suicidepreventionlifeline.org/Spanish/Default.aspx
- **Hispanic Community Resource Helpline**
  1-800-473-3003, (La Linea Nacional de Ayuda)

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Pediatric Education Services, 801.662.3500 | Rev. 10/14, LTA520500802 | *Available in Spanish*