

Let's Talk About...

Suicide Prevention

Suicide affects families every day and in many different ways. It is important to know when someone is at risk for suicide and to understand that help is available anytime, anywhere.

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

A child who might be at risk for suicide may do any of the following:

- Talk about hurting or killing themselves
- Look for firearms, pills, or other ways to kill themselves
- Say goodbye to loved ones or give away prized possessions
- Talk or write about death, dying, or suicide
- Withdraw from friends, family or society
- Act reckless or try risky activities
- Bully others or be bullied themselves (or both)
- Drink alcohol or use illicit drugs
- Sleep all the time or be unable to sleep
- Experience dramatic mood changes

They may also feel:

- Hopeless
- Anxious or agitated
- Rage or uncontrolled anger
- That there is no reason for living or have no sense of purpose in life

If you notice any of these signs in your child, call and get help.

How do I reduce suicide risk in my home?

Here are some ways to reduce the risk of self-harm or suicide at home:



- Listen non-judgmentally. Ask how your child is doing and talk about the future. Ask your child about suicidal feelings and know who to contact if your child is thinking about suicide.
- If your child has symptoms of depression, anxiety, or other mental health disorders, consult a primary care or mental health provider.
- Monitor your child's phone and internet use. Watch social websites such as Facebook and Twitter closely for signs your child is thinking about suicide.
- Remove guns from your home or keep them locked in a safe and separated from ammunition.
- Get rid of any unneeded prescriptions or over-the-counter medicine (including aspirin, ibuprofen, naproxen, and acetaminophen). If you need these medicines, lock them in a container.
- Put away or remove knives and other types of weapons (even decorative or collectible).
- Get rid of alcohol in your home or save only small quantities in a locked area.

What do I do after a suicide attempt?

If your child attempts suicide, seek appropriate medical and mental health treatment. Your child may need to be hospitalized to stabilize a situation.

Create a safety plan with professionals to help prevent another suicide attempt. Remember that no one can guarantee safety. The goal is to reduce the risks and provide support for your child and other family members.

Who can I call for help?

- **911**
Call 911 immediately when there is a medical emergency.
- **Utah Crisis Line: 801.587.3000**
Licensed clinicians provide emotional support and help, along with mental health referrals.
- **NAMI Utah: 801.323.9900**
The Utah chapter of the National Alliance on Mental Illness (NAMI) provides suicide prevention resources. **Ayuda en Español.**
- **SafeUT app**
Licensed clinicians respond to all chats, texts, and calls and provide crisis counseling.
- **SMR (Stabilization and Mobile Response Services): 833-SAFE FAM (833-723-3326)**
A team of trained professionals that comes to the home. They help families create a plan to fit their needs.

- **ARCS (Assessment, Referral, and Consultation Services): 803-313-7711.**
Call this number to speak to someone about which treatment options might be best for your child. The team will give referrals based on the main concern, your insurance, and where you live.
- **Idaho Suicide Prevention Hotline: 208-398-4357**
Call or text for crisis counseling and support.
- **Crisis support Services of Nevada:: 800-273-8255 or text "care" to 839863**
Free, confidential support at any time for all. **Ayuda en Español.**
- **Lifeline: 800-273 TALK (8255)**
This 24-hour toll-crisis hotline links callers to a nearby crisis center. **Ayuda en Español.**
- **National Suicide Hope Line: 800-784-2433**
The Kristin Brooks Hope Center provides a suicide crisis hotline and online chatting at hopeline.com.
- **Para la PREVENCIÓN de SUICIDIO: 888-628-9454**
Informate y toma acción preventiva – <https://suicidepreventionlifeline.org/help-yourself/en-espanol/>
- **SAMHSA En Español 800-662-4357**
<https://www.samhsa.gov/linea-nacional-ayuda>
La Línea Nacional de Ayuda de SAMHSA

Notes

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