

# Let's Talk About...

## Suicide prevention

Suicide affects the lives of hundreds of families. 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?

Children who might be at risk for suicide may:

- 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
- Feel hopeless
- See no reason for living or have no sense of purpose in life
- Feel anxious or agitated
- Experience dramatic mood changes
- Feel rage or uncontrolled anger

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

### How do I reduce suicide risk at 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 separate 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.

### Resources

- 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.
- SafeUT app**  
Licensed clinicians respond to all chats, texts, and calls and provide crisis counseling.
- Idaho Suicide Prevention Hotline: 208.398.4357**  
Call or text for crisis counseling and support.
- Lifeline: 1-800.273 TALK (8255)**  
This 24-hour toll-crisis hotline links callers to a nearby crisis center.
- National Suicide Hope Line: 1.800.784.2433**  
The Kristin Brooks Hope Center provides a suicide crisis hotline and online chatting at [hopeline.com](http://hopeline.com).
- Para la PREVENCIÓN de SUICIDIO: 1.888.628.9454**  
Informate y toma acción preventiva – [suicidepreventionlifeline.org/Spanish/Default.aspx](http://suicidepreventionlifeline.org/Spanish/Default.aspx)
- Hispanic Community Resource Helpline 1.800.473.3003**  
La Línea Nacional de Ayuda

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