

NAVIGATING

a mental health

CRISIS



WARNING SIGNS of Suicide

- ◆ Giving away personal possessions
- ◆ Talking as if saying goodbye or going away forever
- ◆ Taking steps to tie up loose ends, like organizing personal papers or paying off debts
- ◆ Making or changing a will
- ◆ Collecting and saving pills or buying a weapon
- ◆ Saying things like “Nothing matters anymore,” “You’ll be better off without me”
- ◆ Withdrawing from friends, family and normal activities
- ◆ Increasing drug or alcohol use

WHAT TO DO if You Suspect Someone is Thinking About Suicide

If you notice warning signs, or if you’re concerned someone is thinking about suicide, don’t be afraid to talk to them about it.



START the conversation by sharing specific signs you’ve noticed, like:

“I’ve noticed lately that you [haven’t been sleeping, aren’t interested in soccer anymore, are posting a lot of sad song lyrics online, etc.]...”



LISTEN, EXPRESS CONCERN, REASSURE

Then say something like:

- ✓ “Are you thinking about suicide?”
- ✓ “Do you have a plan?”
- ✓ “Do you know how you would do it?”

If the answer to any of these questions is “yes,” seek help immediately.

- ◆ Don’t leave them alone and stay calm
- ◆ Call their therapist or other health care professional
- ◆ Remove potential means, such as weapons and medications
- ◆ Call the National Suicide Prevention Line at 1-800-273-8255 or call 911
- ◆ If the situation is life-threatening, call 911 and ask for someone with mental health experience to respond, like a Crisis Intervention Team.

“ I may not understand exactly how you feel, but I care about you and want to help. ”

“ I’m concerned about you and I want you to know there is help to get you through this. ”

“ You are important to me; we will get through this together. ”