

**TALK
SAVES
LIVES**



**American
Foundation
for Suicide
Prevention**

What leads to suicide?

No One Takes Their Life for a Single Reason

Suicide most often occurs when stressors and health issues converge to create an experience of hopelessness and despair. Depression is the most common condition associated with suicide, and it is often undiagnosed or untreated.

Most people who actively manage their mental health conditions go on to engage in life. Conditions like depression, anxiety and substance use problems, especially when unaddressed, increase risk for suicide.



Assume You're the Only One Who Will Reach Out

If You're Concerned About Someone

Talk in Private

Listen to their story, and let them know you care. Ask directly about suicide, calmly and without judgement. Show understanding and take their concerns seriously. Let them know their life matters to you. That one conversation could save a life.

Avoid

- x Debating the value of life
- x Advice to fix it
- x Minimizing the person's feelings

If a Person Says They Are Thinking About Suicide

Take the Person Seriously

Someone considering suicide is experiencing a life-threatening health crisis and may not believe they can be helped. Work with them to keep them safely away from lethal means like firearms and drugs and remind them that their suffering is temporary.

Stay with them and call the National Suicide Prevention Lifeline: 1-800-273-TALK (8255).

Be sure to follow up with them after the crisis to see how they're doing.

If You're Struggling

Don't Wait for Someone to Reach Out

Seek mental health treatment, or tell your clinician about your suicidal thinking.

Treat yourself like you would treat someone else who needs your help.



Watch for Suicide Warning Signs

Talk

If a Person Talks About

- Killing themselves
- Feeling hopeless
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Unbearable pain

Behavior

Behaviors That May Signal Risk, Especially if Related to a Painful Event, Loss or Change

- Increased use of alcohol or drugs
- Looking for a way to end their lives, such as searching online for materials or means
- Withdrawing from activities
- Isolating from family and friends
- Sleeping too little or too much
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Aggression
- Fatigue

Mood

People Who are Considering Suicide Often Display One or More of the Following Moods

- Depression
- Anxiety
- Loss of interest
- Irritability
- Humiliation
- Agitation
- Rage

Most people who end their lives exhibit one or more warning signs, either through what they say or what they do.

Some People are More at Risk for Suicide Than Others

Health Factors

Mental Health Condition

- Depression
- Substance use problems
- Bipolar disorder
- Schizophrenia and psychosis
- Personality traits of aggression, mood changes and poor relationships
- Conduct disorder
- Anxiety disorders

Serious or Chronic Health Conditions and/or Pain

Traumatic Brain Injury

Environmental Factors

Access to lethal means including firearms and drugs

Prolonged stress, such as harassment, bullying, relationship problems or unemployment

Stressful life events, which may include a death, divorce or job loss

Exposure to another person's suicide, or to graphic or sensationalized accounts of suicide

Historical Factors

Previous Suicide Attempts

Family History of Suicide

Childhood Abuse, Neglect or Trauma

Risk factors are characteristics or conditions, that when combined, increase the chance that a person may try to end their life.

Take Action

Visit Someone Who Can Help

Your Primary Care Provider
Mental Health Professional
Walk-in Clinic
Emergency Department
Urgent Care Center

Find a Mental Health Provider

findtreatment.samhsa.gov
mentalhealthamerica.net/finding-help

Call the National Suicide Prevention Lifeline

1-800-273-TALK (8255); Veterans: Press 1

Text TALK to 741741

Text with a trained crisis counselor
from the Crisis Text Line for free, 24/7

Call 911 for Emergencies

Be a lifesaver.

Learn how you can stop suicide
at afsp.org.



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