

ABOUT SUICIDE

Warning Signs

Threatening suicide, expressing suicidal feelings or bringing up the topic of suicide.

Developing a specific plan for suicide.

Talk about feeling trapped or in unbearable pain.

Giving away prized possessions, settling affairs.

Changes in behavior (poor work or school performance).

Changes in sleep or eating habits.

Expressions of hopelessness and helplessness.

Talking about being a burden to others.

Increased use of alcohol or drugs.

Risky behavior (unsafe sex, racing, or aggression).

Withdrawing or feeling isolated.

Writing or drawing about suicide or death.

How To Help

Express your concern about factors you have observed. Be empathetic, non-judgmental and show that you care.

Accept the person's feelings as they are. Do not try to cheer him/her up by making positive, unrealistic statements.

Ask directly about their suicidal thoughts - "Are you thinking of killing yourself?"

Take suicidal thoughts and feelings seriously. Four out of five people who die by suicide give warning signs.

Ask if he/she has developed a plan of suicide. The presence of a well-developed plan indicates a higher risk for suicide.

Safely remove lethal means of suicide from the person and assist in finding alternatives to suicide.

Let him/her know that suicidal feelings are temporary, that depression can be treated, and that problems can be solved.

Never agree to keep serious suicidal thoughts in confidence. Inform family members and friends.

Call 911 or the Suicide Prevention Center if a suicide attempt is imminent.

Didi Hirsch Mental Health Services
Suicide Prevention Center
24 Hour Crisis Line

www.suicidepreventioncenter.org

Toll Free in Los Angeles and Orange Counties

1.877.727.4747

1.877.7CRISIS

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Suicide Facts

90% of the people who die by suicide suffer from one or more psychiatric disorders.

Most suicides are the result of untreated mental illness, not just a single stressful event.

Major depression is the most common mental illness that ends in suicide.

Research shows that in our lifetime:

20% of us will have a suicide within our family

60% of us will personally know someone who dies by suicide

Asking a depressed person about suicide **will not** push him/her to die by suicide.

The highest rates of suicide are in the Spring. The lowest are during the Holidays.

Depression

Untreated depression is the #1 cause of suicide.

Signs of depression:

Sad mood lasting 2 weeks or more

Loss of pleasure

Feelings of hopelessness and helplessness

Significant weight loss or gain

Poor concentration

Changes in sleep or eating habits

Prior suicide attempts

Feeling worthless

Depression can affect all ages.

Depression often goes unrecognized.

Depression is treatable with medication and talk therapy.

Resources

Emergency: 911

Suicide Prevention Crisis Line

1.877.727.4747 (24/7 English & Spanish with other language capabilities)

Toll Free in Los Angeles and Orange Counties

Teen Line (6 pm to 10 pm)

1.800.852.8336 (for chat: teenlineonline.org)

Trevor Line (LGBTQ)

1.866.488.7386

L.A. County Department of Mental Health

1.800.854.7771

Survivors of a Suicide Attempt Support Groups

1.310.895.2352

Survivors After Suicide Support Groups

1.310.895.2326

Social Services Information: 211

National Suicide Prevention Lifeline

1.800.273.TALK

(1.800.273.8255)

www.afsp.org

(American Foundation for Suicide Prevention)

www.suicidology.org

(American Association of Suicidology)

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