

# BUILDING AWARENESS, PREVENTING SUICIDE

DAUPHIN COUNTY MH/ID PROGRAM  
SEPTEMBER 2018 RESOURCE SHARING

September is National Suicide Prevention Awareness Month. Suicide is a leading cause of death in the United States. According to the Centers for Disease Control, and Prevention, suicide rates have increased 25% across the U.S. since 1999. Suicide was the second leading cause of death for young people ages 15 to 24. The most critical risk factors for suicide are prior suicide attempts, mood disorders (such as depression), alcohol and drug use and access to lethal means.

In order to help prevent suicide it is important to know the warning signs of suicidal behavior and also what you can do if someone is showing those signs.

## Warning Signs of Suicidal Behavior

- Talking about wanting to die or kill oneself
- Looking for a way to kill oneself
- Talking about feeling hopeless and having no reason to live
- Talking about feeling trapped or being in unbearable pain
- Talking about being a burden to others.
- Increasing use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings



## What You Can Do

- Ask the person if they are thinking about killing themselves (this will not put the idea into their head or make it more likely they will attempt suicide).
- Listen without judging and show you care.
- Stay with the person (or make sure the person is in a secure place with another caring person) until you can get further help.
- Remove any objects that could be used in a suicide attempt.
- Call SAMHSA's National Suicide Prevention Lifeline at 1-800-273-TALK (8255) and follow their guidance or text "Home" to 741-741.
- ***For local support contact Dauphin County Crisis Intervention at (717) 232-7511.***
- If danger for self-harm seems likely, call 911 immediately.

There is strong evidence that a comprehensive public health approach is effective in reducing suicide rates. Everyone has a role to play in preventing suicide! Visit the websites below for additional information and resources.

**Take 5 to Save Lives: Learn the signs; do your part; practice self-care; reach out and spread the word!**  
<https://www.take5tosavelives.org/>

<https://www.samhsa.gov/suicide-prevention>

<https://suicidepreventionlifeline.org>