**Suicide Prevention**

**Resources:**

* Local crisis line: 1-888-552-6642
* preventsuicidecolumbiacounty.org
* National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
* Online Lifeline Chat
* Crisis Text Line ([crisistextline.org](http://crisistextline.org))
  + Text START to 741-741
* Trevor Helpline (LGBTQ): 1-866-488-7386
* reachout.com

**Suicide Warning Signs (FACTS)**

* Talking about wanting to die or kill themselves

-   looking for ways to kill themselves, such as searching online or buying a

* + - 1. gun

1. talking about feeling hopeless or having no reason to live
2. talking about feeling trapped or in unbearable pain
3. talking about being a burden to others
4. increasing the use of alcohol or drug
5. acting anxious or agitated; behaving recklessly
6. sleeping too much or too little
7. withdrawing or isolating themselves
8. showing rage or talking about seeking revenge
9. displaying extreme mood swings
10. \*\* risk is greater if behavior is new or increased
11. \*\*greater if related to painful event. loss or change

**Fact or Fiction???**

* Suicide can’t be prevented.  If someone is set on taking their own life,

there is nothing that can be done to stop them.

\*  People who take their life are selfish, cowards, weak or just looking for “attention”

1. Asking someone if they are thinking about suicide will put the idea in their

head and cause them to act on it.

* Teenagers and college students are the most at risk for suicide.

- Someone making suicidal threats won’t really do it, they are just looking for attention

* Talk therapy and/or medications won’t work

**What to do if you are concerned**

* ASK!!!! show that you care
* Talk about options
* GET HELP!!!
  + List of resources above
  + school guidance/teacher
  + any adult that you trust
  + get connected with mental health professional
  + talk with doctor
  + talk with priest or adult at church