

Preventing Suicide

Suicide claims the lives of almost **2,000 Pennsylvanians** each year - an average of **five lives each day**. The American Trauma Society, Pennsylvania Division (ATSPA) wants to ensure you know the suicide warning signs and risk factors and how you can help.

Warning Signs:

- Talking about suicide, wanting to die, kill oneself
- Looking for a way to kill oneself, such as searching online or buying a gun
- Talking about feeling worthless, hopeless, or having no reason to live
- Talking about being a burden to others
- Getting affairs in order, making arrangements
- Increasing alcohol or drug use
- Preoccupation with death
- Acting anxiously or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawal from or changing in social connection/ situation

Risk Factors:

- Diagnosis of Depression
- Previous suicide attempt
- Family history of suicide
- Loss of job, home, money
- Death or terminal illness of a loved one
- Divorce or loss of major, significant relationship
- Loss of health, either real or imagined
- Someone close to the person has completed suicide
- Recent disappointment or rejection
- Being expelled from school/fired from job
- Victim of assault or bullying
- Questioning gender



**For Immediate Help:
Call 1-800-273-TALK (8255)**



American Trauma Society, Pennsylvania Division (ATSPA)
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Information courtesy of Prevent Suicide PA. Ribbon courtesy of suicidepreventionlifeline.org/



ONE SUICIDE IS TOO MANY

How Can You Help?

1.

Ask them if they are okay and listen to them like a true friend.

2.

Tell them you are concerned about them and that they are not alone.

3.

Talk to a mental health professional about your concerns or visit: www.preventsuicidepa.org

Smash Suicide Myths

Spread Truth:

Those who talk about suicide don't do it.



Most of the people who either attempted or completed suicide have made their intentions known ahead of time by either talking about it or giving other clues. Talk of suicide should not be ignored or readily dismissed.

If a person is really intent on killing themselves, there is nothing anybody can do to stop them.



Even the most severely depressed person has mixed feelings or are ambivalent about dying and most likely just wants to end the pain they are in, not their lives. Often times, if a person in crisis gets the professional help they need, they will never be suicidal again. Suicide can be prevented in most cases and any act of kindness has the potential to save a life.

If you talk about suicide, you give people the idea to kill themselves.



Chances are, if you are worried about someone and you have noticed the warning signs and risk factors, they've probably thought about suicide themselves. Asking somebody directly about suicidal thoughts often brings a sense of relief to the suicidal person and helps them to live, not give them ideas to die.

Only experts or professionals can prevent suicide.



Suicide prevention is everybody's business, and anyone can help prevent the tragedy of suicide.