

# Suicide

## What You Need To Know...



Suicide claims the lives of almost **2,000 Pennsylvanians each year** - an average of **five lives each day**.



A suicide happens every **11.7 minutes** in the United States which is the equivalent of **123 people who die every day**.

Suicide affects ALL ages, races, genders, sexuality, denominations, incomes and educational levels. Suicide can affect anyone and everyone.

**National Suicide Prevention Lifeline: 1-800-273-TALK (8255)**

### 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 connections/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

### What To Do If You Suspect Someone Is Suicidal:

- Talk to them alone in a private setting.
- Ask them if they are thinking of killing themselves or are suicidal.
- Ask them if they have a plan.

**If the answer is yes**, call your local County Crisis Team or take them to the Emergency Department **RIGHT AWAY** and **DON'T** leave them alone.

**If the answer is no**, make an appointment for them to see a mental health professional, i.e., therapist, psychologist, psychiatrist, or doctor as soon as possible, and ask them how you can help them. Try to get them help as soon as possible.

