

Save a Loved One ... *End the Silence & Prevent Suicide!*

Your friend may:

- Get a gun or stockpile pills
- Give away prized possessions
- Take more impulsive risks
- Cut themselves or other gestures of self-harm
- Neglect their appearance
- Isolate themselves from friends activities / run away/drop out
- Increase alcohol or drug use
- Show a dramatic change in mood
- Lose interest in school, hobbies, drop in grades

- Express hopelessness or helplessness
- Faced with perceived humiliation
- Recent severe loss, esp. relationship
- Drastic change in behavior, personality, risky behavior including violence, gunplay, alcohol/substance abuse
- Express no reason to live
- Change in eating/sleeping
- Suicide Notes or Threats

1-888-443-1804, Frontier Health

1-800-273-Talk, Suicide Hotline

1-888-540-4662, Crisis Center

Your friend's behavior, feelings:

- Can't stop the pain
- Can't think clearly
- Can't make decisions
- Can't see any way out
- Can't make sadness go away
- Can't see possibility of change
- Can't see self as worthwhile
- Can't seem to get control

Lenowisco
Suicide
Prevention Coalition
Saving Lives Through Awareness & Education

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Question

Talk privately, stay calm, & allow plenty of time

- Ask if they're considering suicide, have a plan, or have taken steps to carry it out
- Listen openly to your friend, tell them how much you care, and no matter how bad the problem is, help is available
- If you can't ask, find someone who can!



Persuade

Give them your FULL attention

- Don't 'judge' or minimize their problems or feelings
- Offer hope & understanding but don't try to cheer them up
- Don't be sworn to secrecy
- Contract with the person to stay safe
- Have a 'what next' plan in mind



Refer

Create a plan & make sure they get some help!

- Decide who to contact for professional help
- Don't walk away believing they'll get help; be part of the solution
- Stay with them to make sure they're safe until the crisis passes, or until someone else takes responsibility for their safety



Get Help

Don't walk away or expect them to go it alone!

- Even if it will anger your friend, talk with an adult so you're not carrying this alone
 - Don't try to 'rescue' your friend, or be the hero alone
 - You can help the most by making sure your friend gets the help they need, while you continue to support them
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