

What is
Suicide
?

It's the

**DELIBERATE ENDING OF
ONE'S OWN LIFE.**

Why should I know about Suicide?



Because ANYONE may be in a position to stop a person who is considering suicide.

Learn the facts.

Understand the warning signs and be prepared to act in a crisis.

Why do people
commit
suicide?

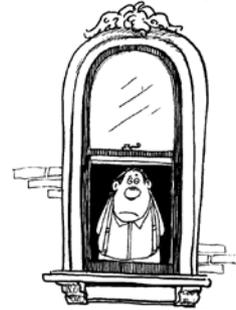
◇ Because their
problems seem
overwhelming.

-no solution or change
is in sight.

-attempts to deal
with problems
fail or backfire.

Some **STRESSFUL**

situations
that can trigger
suicidal feelings



Depression/
Hopelessness

REACHED
YOUR
LIMIT?



Crisis/
Impulse

Old Age/
Disease



Drugs/Alcohol



Who commits suicide?

All kinds of people:

Children

Elderly

Young Adults

Professionals

ALL People...

Minorities

There are many
MISCONCEPTIONS
ABOUT SUICIDE

Some common MYTHS are:

- “Mentioning suicide may give a person the idea.”
- “All suicidal persons are mentally ill.”
- “Once people are suicidal, they’re beyond help.”
- “It’s not a suicide if there’s no suicide note.”
- “Suicides come ‘out of the blue’.”
- “Suicidal soldiers are bad soldiers.”

How does a
suicide affect
the family?



In addition to the normal
grief and hardship of losing a
loved one, the family may
experience...

Guilt

Social
Scorn

Financial
Worries

Apprehension

Emotions from
anger to
depression are
common

Most people who
commit suicide
gave clues to their
intentions

How can you tell
if someone
is thinking about
committing
suicide?

Be ALERT FOR
THESE Danger
signals...

- Previous attempts
- Changes in personality or behavior
- threats
- Extreme depression
- Preparations for death
- A sudden lift in spirits

Don't assume the situation will cure
itself. Suicide threats or attempts
are almost always a way of asking for
HELP and **SUPPORT!**

3 Ways to help a person who seems to be

thinking about suicide

1. Give Active Emotional Support-

SHOW that you take the person's feelings
seriously and want to help.

LISTEN to him or her and ask concerned questions.

EXPLAIN that with help and support, he or she can recover and enjoy good times
again.

STAY CLOSE until help is available or the risk has passed.

***Some
Don'ts***

Don't analyze
the person's
motives

“You just feel bad
because...”

Don't try to
shock or
challenge

“Go ahead and do it.”

Don't argue
or try to
reason

“You can't kill
yourself because...”

2. Encourage Positive Action aimed at relieving unhappy or troublesome situations-

For example...

IMPROVE HOME ENVIRONMENT

KEEP BUSY, ACTIVE

LEARN TO RELAX

GET SOME EXERCISE

GET A CHANGE OF PACE

TALK THINGS OVER

TRY TO CHANGE THE SITUATION

TRY A NEW APPROACH

3. SEEK PROFESSIONAL HELP from any of these sources...

Crisis or Suicide
Prevention
Center

Mental Health
Center

Mental Health Professionals

Physicians

Clergy

School Counselors

State and Local Mental
Health Associations

Continuing Professional
help is especially important for
anyone who has threatened or
attempted suicide.

Soo...

In most cases, Suicide can be
Prevented.

- Know the Facts!
- Be Alert!
- Be a Friend!

YOUR concern can help save lives!