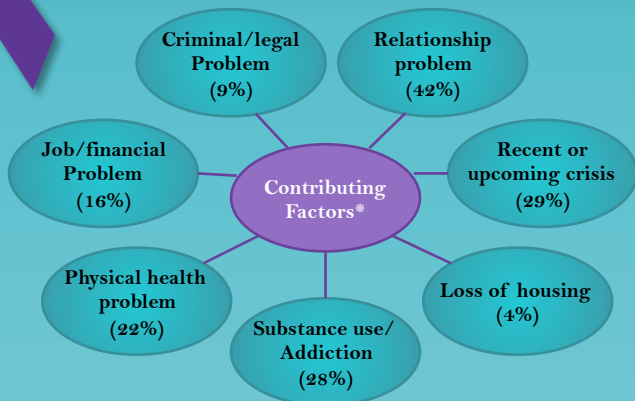


Suicide Awareness & Prevention

According to the CDC, suicide is the 10th leading cause of death in the United States and the 2nd leading cause of death for individuals aged 10–34. Suicide rates have increased in all but one state. While suicide remains a complex issue, prevention starts with increasing awareness of contributing, risk factors, and warning signs so that those most at risk can get connected to support and treatment.



Suicide
Awareness



Warning Signs*

Feeling like a burden

Being isolated

Increased anxiety

Feeling trapped

Increased substance abuse

Increased anger/rage

Extreme mood swings

Sleeping too much or too little

Talking about death

Making plans for suicide

Risk Factors*

- Active suicidal thoughts
- Prior suicide attempt
- Poor impulse control
- Poor social support
- Hopelessness
- Active stressors
- History of abuse
- Drug or substance abuse
- Access to lethal means

Protective Factors*

- No suicidal intent or plan
- Future-oriented
- Few stressors
- Strong social support
- Help-seeking
- Compliant with treatment
- Limited access to lethal means
- No substance abuse problems

Contributing Factors: Events or situations that may trigger suicidal thoughts or behavior

Risk Factors: Characteristics or environmental factors that may increase suicidal risk

Protective Factors: Characteristics or environmental factors that may reduce suicidal risk

Warning Signs: Behaviors or emotions that indicate someone may be at immediate risk

Suicide Awareness & Prevention

Suicide Myths and Facts

Myth	Fact
Talking about suicide may put the idea in someone's head.	Asking about suicidal thoughts can actually reduce shame and encourage someone to get help.
People who commit suicide are depressed or have some other mental illness.	54% of people who commit suicide have no known mental health condition.
People who talk about suicide just want attention.	It is always important to take comments about suicide seriously as it could indicate a cry for help.
Most suicides are impulsive and happen without warning.	Although many suicides appear to happen without warning, there are often signs that have gone unnoticed.

How can I help my loved one?

Listen before lecturing	Empathize before explaining	Ask before assuming	Persist without pushing	Support before solving
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What do I do if I need help now?

If you or a loved one is in crisis, please get help immediately.

National Suicide Prevention Lifeline
www.suicidepreventionhotline.org
800-273-TALK or 800-273-8255

Crisis Text Line
www.crisistextline.org
Text: TALK to 741741

Trevor Line (LGBTQ)
www.treverproject.org
866-488-7386

**Orange County
Crisis Prevention Hotline**
877-7CRISIS or 877-727-4747

Who do I contact to find out more?

Referrals for mental health treatment can be made by physicians, mental health professionals, other allied health professionals, or from the patient or family directly. Please contact us as listed below for more information.

Mind Health Institute, Newport Beach
450 Newport Center Drive, Suite 380 • Newport Beach, CA 92660
949-891-0307 • www.mhi-nb.com

Mind Health Institute, Laguna Beach
361 Forest Avenue, Suite 205 • Laguna Beach, CA 92651
949-391-4669 • www.mhi-lb.com

