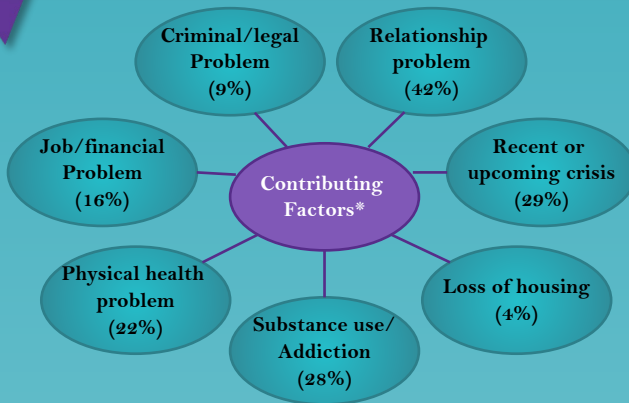


# Suicide Awareness & Prevention



According to the CDC, suicide is the 10<sup>th</sup> leading cause of death in the United States and the 2<sup>nd</sup> 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 and risk factors, as well as warning signs, so that those most at risk can get connected to support and treatment.



## 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?

<b>Listen</b> before lecturing	<b>Empathize</b> before explaining	<b>Ask</b> before assuming	<b>Persist</b> without pushing	<b>Support</b> 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.

988 Suicide & Crisis Lifeline

<https://988lifeline.org/>

Call or Text 988

Crisis Text Line

[www.crisistextline.org](http://www.crisistextline.org)

Text: TALK to 741741

Trevor Line (LGBTQ)

[www.trevorproject.org](http://www.trevorproject.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](http://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](http://www.mhi-lb.com)