

What You Can Do To Help

Begin a dialogue by asking questions. Suicidal thoughts are common with some mental illnesses. Listen with concern and without passing judgment. Ask:

- “Are you O.K.?”
- “Do you ever feel so badly that you think about suicide?”
- “Do you have a plan to die by suicide or take your life?”
- “Have you thought about when or how you would do it?”

Do not leave them alone.

If the person has a suicide plan, stay with them. If they have attempted suicide before, they are at a greater risk.

Stay calm.

Offer hope that they will not always feel this way. Hope saves lives.

Follow through.

Tell a trusted adult and get help from a mental health professional.

Always take thoughts or plans for suicide seriously.

Remember, never keep a plan for suicide a secret.

If you think the person is not in immediate danger, acknowledge the pain is legitimate and offer to work together to get help.

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recognizing depression • preventing suicide



LifeAct™



University Hospitals



Rainbow Babies
& Children's Hospital

Immediate danger call 911

CRISIS? CALL FRONTLINE

216.623.6888 or text 741741

Recognizing Depression

In most cases the depression that so often precedes suicide is both recognizable and treatable. **If someone has several of the following symptoms**, lasting for at least two weeks, help should be sought from a physician or mental health professional.

- Loss of interest or pleasure in ordinary activities
- Persistent sad, anxious, or “empty” mood
- Declining school performance
- Feelings of hopelessness or desperation
- Feelings of guilt, worthlessness, shame
- Decreased energy, fatigue, and feeling “slowed down”
- Restlessness and irritability, increased anger/fighting
- Decreased ability to concentrate, remember, make decisions

- Change in sleeping patterns
- Change in appetite or weight
- Increased alcohol and/or drug use
- Thoughts of death, suicide, or wishes to be dead
- Becoming socially isolated, or less time with friends

Suicide Danger Signals

- Observable signs of serious depression
 - Unrelenting low mood
 - Hopelessness
 - Withdrawal
 - Irritability
 - Pessimism
 - Desperation
 - Sleep Problems
 - Constant anxiety or tension
- Preoccupation with death
- Increased alcohol and/or other drug use

- Recent impulsiveness and taking unnecessary risks
- Threatening suicide or expressing a strong wish to die
- Suddenly happier, calmer
- Unexpected rage or anger
- Making a plan:
 - Giving away prized possessions
 - Unusual visiting or calling friends/loved ones
 - Sudden or impulsive purchase of a firearm
 - Obtaining other means of killing oneself such as poisons or medications
 - Preparing to leave family/friends behind