

Warning Signs

- ◆ Threatening to hurt or kill oneself
- ◆ Looking for ways to kill oneself
- ◆ Talking or writing about death, dying, or suicide
- ◆ Feeling hopeless
- ◆ Feeling rage or uncontrolled anger or seeking revenge
- ◆ Acting reckless or engaging in risky activities - seemingly without thinking
- ◆ Feeling trapped
- ◆ Increasing alcohol or drug use
- ◆ Withdrawing from friends, family, and society
- ◆ Feeling anxious, agitated, or unable to sleep, or sleeping all the time
- ◆ Experiencing dramatic mood changes
- ◆ Seeing no reason for living, or having no sense of purpose in life

IS PATH WARM?

I – Ideation
S – Substance Abuse

P – Purposelessness
A – Anxiety/Agitation
T – Trapped
H – Hopelessness

W – Withdrawal
A – Anger
R – Recklessness
M – Mood Change



Source: American Association of Suicidology, 2008

Facts About Suicide

- ◆ In 2017, Nevada had the 11th highest rate of suicide in the United States.
- ◆ In 2017, suicide was the 10th leading cause of death in the United States, but was the 8th leading cause of death for Nevadans.
- ◆ Suicide is the 2nd leading cause of death for Nevadans ages 10 to 34.
- ◆ For every teen and young adult who dies by suicide, it is estimated 100-200 teens have attempted.
- ◆ One of the biggest risk factors for death by suicide is a previous attempt.
- ◆ Over twice as many people die by suicide than homicide in the U.S.
- ◆ Nevada ranks among the top 5 highest elder suicide rates in the country.
- ◆ Suicide is the 6th leading cause of death for Native American males.
- ◆ Each suicide devastatingly and intimately affects greater than 6 bereaved family members and friends.
- ◆ Between 2013 and 2017, veterans made up 20.5% of the Nevadans who died by suicide.
- ◆ Discussing suicide does not cause someone to die by suicide.

Office of Suicide Prevention
NV Dept. of Health and Human Services
Division of Public & Behavioral Health

www.suicideprevention.nv.gov

Reno (775) 684-2240
Las Vegas (702) 486-8225

Nevada Office of Suicide Prevention



Office of
Suicide
Prevention
Department of Health
and Human Services

Suicide Prevention Information

Call for Help

1-800-273-TALK (8255)

Show You Care

- ◆ The most important thing you can do for someone in distress is to **listen** to them. Our stories and our opinions are usually not helpful...let the other person do the talking.
- ◆ Express to your friend how you feel about them. This person needs to know they are important to you and you genuinely care about how they are feeling.
- ◆ Spend time with your friend. They may not have the energy to get out alone; you can help engage them in activities...laughter and exercise are extraordinarily helpful.
- ◆ It's always a good idea to ask how your friend is eating and sleeping. Nearly all of us will experience a change in our eating/sleeping habits when we are stressed or depressed. If we are able to keep these two things under control, we are usually much more capable of facing our problems.

- ◆ Remind your friend they are not alone. You are going to help them get through this.

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

~Leo Buscaglia

Ask the Question

- ◆ Surprisingly, one of the best things you can do to help someone you suspect is suicidal is to ask them directly, "Are you feeling suicidal?"
- ◆ Asking the suicide question is no easy task, and it might be normal to have some fears and reservations. What are some of your fears? Why do you think it would be helpful to ask the question?
- ◆ Think for a moment about whether or not **you** would be able to tell someone if you were feeling suicidal. It is important for us to ask the question, because the person at risk may not be able to tell us.
- ◆ When asking the question, it is important to be caring but direct. Asking the question, "*You're not going to do something crazy, are you?*" might indicate you are not comfortable with the issue of suicide and allows the person at risk to avoid giving you a straight answer.



If you feel you cannot ask the question, find someone who can.

Get Help

- ◆ It is extremely important someone with suicidal feelings gets help to cope with their crisis. Getting appropriate help can prevent them from becoming suicidal again.
- ◆ The best way to help is by physically going with the person to get help. Go with them to a counselor's office, sit with them while they call the crisis line, or go with them to talk to their family. Providing emotional support in time of crisis may make a difference and save a life.
- ◆ If you are not able to physically be with that person, ask them to agree to seek help and then follow up to see how it went. The reassurance of a supportive friend is priceless.
- ◆ **Community Resources:**
 - **Supportive Family and Friends**
 - **Medical Doctor**
 - **Mental Health Professional**
 - **Community Resource Line (dial) 2-1-1**
 - **Suicide Prevention Lifeline 1-800-273-TALK (8255)**
 - **Crisis Text Line Text HOME to 741-741**

Make it safe to ask for help and ensure the right help is available at the right time