

**Other ways you
can help yourself
feel better**

If you've been thinking about dying or
killing yourself try to:

- Talk to someone you trust.
This can be a friend, a family
member, a healthcare
provider, traditional healer or
your priest or minister.

Try to figure out the cause of
your worries.

Understanding your feelings
will help you **see** other ways
for dealing with **your**
depression or anger.

Write down a list of good
things you have done.
Remember them and even
read the list out loud to
yourself when you feel bad.

Do not keep to yourself; be
with other people **that**
encourage and support you **as**
much as possible.

In an emergency or **during** a crisis call **9-1-1**

If you have any questions or concerns please call:

**Red Lake Hospital
Red Lake, MN 56671**

(218)679-3912

Or call:

(218) 6-46-



This brochure is not intended as a substitute for professional health care.

Ref: Medical Surgical Nursing; 4th ed., 1996; Lewis, Collier & Heltkemper
KRAMES Communications, 1998

(2/99; J.McD)



**A Permanent
Solution**



**to a
Temporary
Situation**

Are you or someone you know thinking about suicide?

Know the warning signs:

- Thoughts, threats or talk of suicide
- Buying a gun or other weapon
- Statements such as "I won't be a problem much longer." or "Nothing matters."
- Giving away personal items
- Making out a will or planning your funeral
- Suddenly being happy or calm after being depressed
- Abuse of drugs and/or alcohol

What can you do?

Get help! Don't try to handle this alone. Why? Because suicidal thinking may be a sign of depression; a serious but treatable illness. **Once it is treated, suicidal thinking often goes away**

Get help!

In an emergency call 9-1-1, or go to the emergency room. Don't keep your feelings secret. Tell someone you trust you need help. Tell someone you are having suicidal thoughts.

There is hope.

You may feel ashamed, weak or even crazy for feeling the way you feel. Many people have made it through this and - once treated - are living happy, healthy lives.

Planning the right treatment for you.

Our main goal is to keep you safe during this time of crisis. Your doctor and mental health professional will evaluate you and decide what treatment is best for you. Some of the questions may be personal and difficult to answer. Be as open and honest as you can. Giving the doctor as much information as possible can help you get the best treatment.

You may be hospitalized if your doctor is worried about your safety.

For your own safety your doctor may choose to hospitalize you for close observation. This is called "suicide precautions". This means you will have to follow several rules your doctor and counsellor have put together. This is your time to work through problems that may be at the heart of your crisis. The reason for this is to give you time to think, in private, without interruptions. Your doctor, counsellor and nurses will work with you to help you sort out your feelings during your stay. Some of the things that might interfere with your sorting out process are:

- visitors
- phone calls from people that may be involved with your problems
- watching T.V.

Helping yourself is an important part of your treatment. There are things you can do to feel better faster.

