Other ways you cam help yourself feel better

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

Tallk to someoneyou 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 a m emergency or during a crisis calk 9-1-1

If you have any questions or concerns please call:

Red lake Hospital

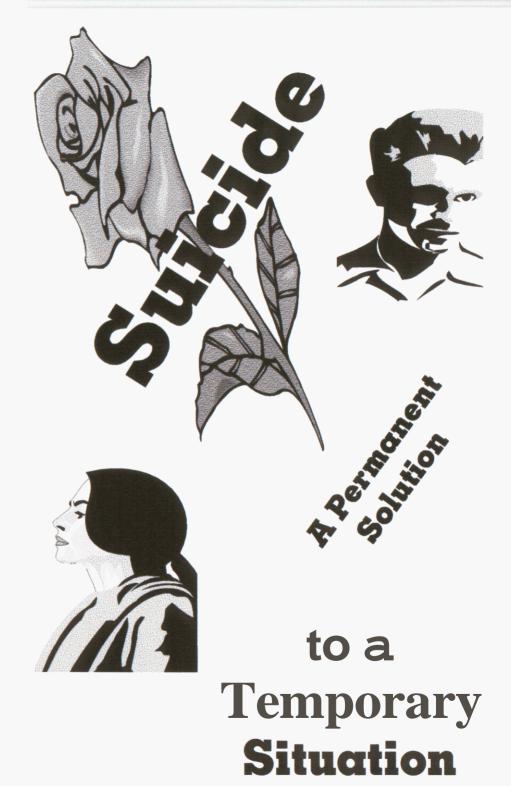
Red Lake, MN 56671

(218)679-3912 Or call:

(218) 6-16-

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

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



Are you or someone you know thinking about suicide?

Know the warning signs:

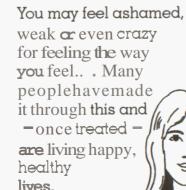
- Thoughts, threats a talk of suicide
- Buving a gun **c** other weapon
- Statements such as I won't be a problem much longer." "Nothing matters."
- Giving away personal items
- Making out a will or planning your funeral
- Suddenly being happy & calm after being depressed
- Abuse & drugs and/or alcohol

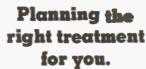
What can YOU do?

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 a nemergency call 9-1-1, ar 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.





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 ownsafety 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 **f** 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 **c** the things that might interfere with your sorting out process are:



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.



