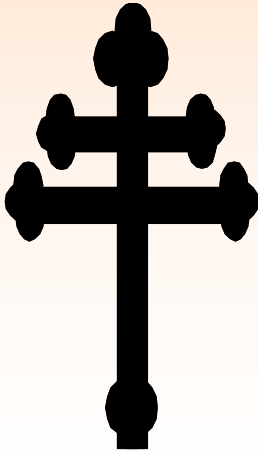


Suicide Prevention

By

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Myths about Suicide

- People who commit suicide are mentally ill.
- Good circumstances prevent suicide.
- People who talk about suicide ... will not commit suicide.
- People who threaten, cut their wrists, or don't succeed with attempts are not really at risk for suicide.



Myths about Suicide cont.

- Talking about suicide with those upset will only put the idea of suicide in their heads.
- People who are deeply depressed don't have the energy to commit suicide.
- People often commit suicide without warning.



Thoughts of Suicide comes from

- **Stresses**
- **Losses**
- **Lack of a support system**
 - **Loneliness**
 - **Depression**



10 *Tips* to Reduce Stress

- **Find someone to confide in**
- **Laugh**
- **Jump in the Tub**
- **Manage your time/Plan ahead**
- **Learn to say NO**



10 Tips to Reduce Stress

cont.

- **Take time to RELAX each day**
- **Exercise**
- **Be Assertive**
- **Eat a Potato/carbohydrates
(releases Serotonin to brain cells)**
- **Car Pool**


Suicide Danger Signs

- States they wish to die
- Declines in appearance
- unusual interest or talks about death
- Makes final arrangements
- Depression/Isolated
- Gives away valuables
- Alcohol or Drug abuse
- More accident prone
- Withdrawal
- Recent loss of a friend or relative



One is at Risk if:

- Has a serious relationship problem
- Has a serious financial problem
- Has a family history of suicide
- Owns a weapon
- Tried suicide
- Threatens suicide
- Has thought out plans for suicide



What should you do if someone worries you?

- Don't be afraid to talk about suicide
- Let them tell you their problems
- Break up their “Big Problems” into specific issues
- **BE THERE FOR THEM**
- Assure them you really want to help
- Encourage them to seek help, such as a doctor or chaplain