

Essential Information about Suicide Prevention



Prevention



D·B·H·D·D

Georgia
Department of
Behavioral Health
& Developmental
Disabilities

Office of Federal Grant Programs
& Suicide Prevention

Suicide Can be Prevented.

WARNING SIGNS

Warning signs are signals that someone may be at immediate risk for suicide

When a person is considering suicide, they often speak or behave in ways that signal they are at risk. Understanding these warning signs can help those around the person recognize a possible suicide risk and act quickly to support them in accessing the proper care.

Warning signs may be seen in what a person says or does. In many cases, their behaviors or words indicate persistent feelings of:

- loss
- loneliness
- anger
- agitation
- hopelessness
- helplessness



Warning signs that indicate immediate risk include, but are not limited to:

- Talking about wanting to die or kill oneself
- Researching ways to die or take one's life
- Making efforts to access or stockpile means (a way to take their life)
- Talking about feeling hopeless, having no reason to live, or feeling stuck

Other warning signs that signal increased suicide risk include:

- Talking about feeling trapped or in unbearable pain
- Talking about being a burden
- Increase in use of alcohol or drugs
- Anxious, agitated, or reckless behaviors
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

Get Informed. Take Action.

TAKE ACTION

Anyone can prevent suicide when they take action to help someone at risk

Ask

Ask, openly and compassionately, “Are you thinking about suicide?”

Asking the question opens up the conversation, shows you care, and lets them know you are willing to talk.

Listen

Listen instead of giving advice or trying to fix things.

Giving the person a chance to talk helps relieve stress, shows them someone cares to listen, and helps them feel less alone.

Stay

If someone is thinking of suicide, stay with them.

Help keep them safe until they can get appropriate care. If you cannot stay, help them arrange to have someone else stay.

Help

Work together to find the right kind of help.

If there is immediate danger, call 911.

In an emotional crisis or for help arranging treatment, call or text the 988 Lifeline any time at 9-8-8.



The best way to know if someone is thinking about suicide is to ask...

GET INVOLVED

*Effective prevention involves everyone,
from individuals to organizations*

Prevention starts in the community, with people and organizations who want to help save lives, and is supported by regional and state initiatives that promote awareness and improve service systems.

Here are a few ways you can get involved:

- Take a class, such as:
 - QPR (Question. Persuade. Refer.)
 - Mental Health First Aid (MHFA)
 - SuicideTALK
 - safeTALK
 - ASIST (Applied Suicide Intervention Skills Training)
- Join a local Suicide Prevention Coalition or help start a Coalition if one does not exist
- Participate in, volunteer at, or help coordinate awareness events
- Promote safe messaging around suicide
- Encourage your organization or workplace to make suicide prevention resources available to staff and individuals you serve



988
SUICIDE & CRISIS
LIFELINE



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<https://preventsuicidega.org>

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