



Suicide Prevention

Who Does Suicide Affect?

Suicide is a very real problem that affects many people. It affects males and females, all races and ethnicities. Between 30 and 70 percent of suicide victims suffer from depression or bipolar disorder.*

Signs That There May Be A Problem

- Verbal threats like, "I won't be around much longer," or "You'd all be better off without me"
- Lack of hope or helplessness
- A past suicide attempt
- Very unsafe or scary actions
- A serious personality change
- Depression (sadness, not doing things you enjoy, trouble sleeping, trouble eating, etc.)
- Giving away personal belongings
- Lack of interest in making future plans

Eight out of 10 suicidal people give some sign of their intent to harm. People who talk about or threaten to commit suicide, or call suicide crisis centers are 30 times more likely than others to kill themselves.*

Getting Help

See your doctor or call us. We can help you. If the situation is an emergency, call 911.

*(Mental Health America, 2007)



Your First Appointment What to Expect

Your healthcare expert will want to get to know you. They will want to know about the problems you want to work on. They may ask about your family history. They want to help you find strengths and skills. Healthcare experts are bound by strict rules to keep your data private. What you tell them helps you meet your goals.

Your Role in Treatment

A treatment plan is made by you and your healthcare expert and may include:

- Medicine
- Individual or family therapy
- Support from friends, family and peers
- Talking with other healthcare experts

Ways Family and Friends Can Help

If you feel a loved one is suicidal, here are things you can do:

- Trust your feelings that a person might be in trouble.
- Talk with the person about your concerns.
- Listen!
- Ask direct questions. Do not judge. Find out if the person has a plan. Don't forget, the more detailed the plan, the greater the risk.
- Get help from a healthcare expert, even if the person resists.
- Do not leave the person alone.
- Do not swear to keep it a secret.
- Do not act shocked or judgmental.
- Do not try to be the healthcare expert.

Feeling Better

The key person in feeling better is YOU. You and your health expert should make a treatment plan based on your goals for your health. Help your health expert by talking about your feelings and progress.

Tell them as much as you can. This will help you both make better choices about your treatment. If you're ever unhappy with your treatment plan or you're not seeing results, call us. We can help find you a new health expert to work with if needed.

Suicide Education and Resources

National Suicide Prevention Lifeline

1-800-273-TALK (1-800-273-8255)

National Alliance for Mental Illness

www.nami.org

1-800-950-6264

National Institute of Mental Illness

www.nimh.nih.gov

U.S. Department of Health and Human Services (DHHS)

www.hhs.gov

Substance Abuse and Mental Health Services Administration (SAMHSA)

www.mentalhealth.gov and samhsa.gov



1-888-713-6180

TDD/TTY 1-800-947-3529

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