Suicide Prevention

Warning Signs

The following signs are usually cries
for help.

* If someone expresses feelings of guilt, depression, sadness, loneliness, hopelessness, or withdraws from life.
* If someone hints that he or she is discouraged in life or feels desperate or trapped: “My family would be better off without me”; “No one loves me”; “I am a failure.”
* If someone tells you that he or she has thought about ending his or her life and actually has a plan of action (has a gun or has obtained drugs or poison).
* If someone includes you somehow in a plan to destroy his or her life.

Action Steps

* Immediately report your concern to an adult: teacher, school counselor, campus minister, parish priest, youth minister, advisor, or parent.
* Break all confidentiality in order to save a life.
* **Call a local or national suicide hotline: National Suicide Prevention Lifeline 1-800-273-8255.**
* Call 9-1-1 if danger is immediate, and **do not leave the person alone until help comes.**

Online Resources

Mental Health America

[*www.nmha.org*](www.nmha.org)

American Foundation for Suicide Prevention

[*www.afsp.org*](www.afsp.org)

Be a Lifesaver

You can save a precious life if you know and understand the following:

God created every human being in his image (see Genesis 1:27). All human life is sacred.

Facts to Consider:

* Suicide is preventable.
* Suicidal individuals do not want to die—they want their problems to end.
* Suicide is the leading cause of death for adolescents.
* Fifty to 75 percent of all suicide victims give some warning of their intentions to a friend or family member.

