

Tips for Suicide Prevention

Know the risk factors.

1. Substance abuse
2. Family history of suicide
3. History of trauma / abuse
4. Stress
5. Sleep deprivation

Know the warning signs.

1. Talking about suicide
2. Agressive behavior
3. Social isolation
4. Dramatic mood swings
5. Intense feelings of sadness
6. Getting affairs in order

September is Suicide Prevention Month

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Encourage people to see a mental health professional

1. Advise him / her to make an appointment with a professional to lower the risk of hurting themselves.
2. Mental health professionals are trained to help a person understand their feelings and improve mental wellness.
3. If necessary, medication can be prescribed to treat underlying mental health disorders.

Secrets can do more harm than good.

1. It is permitted to break a promise that involves someone talking about harming his / herself or others.
2. Having someone alive, but angry with you is preferable than he / she taking their own life or others.

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