

Suicide Awareness & Prevention

Are you in a crisis? You're not alone.
Call or text **988** or text **TALK to 741741**

Anyone can be at risk for suicide.
Saving lives starts with recognizing common warning signs.
Everyone Plays A Role In Suicide Prevention.

Be Aware

A person might be suicidal if he or she:

- Discusses committing suicide
- Changes personal appearance
- Drastically changes behavior
- Has difficulty eating or sleeping
- Distances themselves from friends/social activities
- Is uninterested in hobbies, work, school, etc.
- Engages in risky behavior
- Abuses drugs or alcohol
- Suffered a recent loss
- Is preoccupied with death and dying
- Gives away important possessions
- Prepares for death by making out final arrangements and/or a will
- Has attempted suicide

Help

Simple steps to take:

- Remain calm and supportive
- Involve yourself, show interest, and be available
- Talk simply and be direct
- Listen and be willing to accept feelings
- Do not enable or promise to keep it a secret
- No judgment or debate on suicide is acceptable
- Do not provoke or challenge to attempt suicide
- Reassure that there are alternatives
- Minimize risks by removing guns, medications and other dangers
- Get help from trained suicide professionals.

512-328-1144
800-343-3822
AM@alliancewp.com
www.AWPnow.com

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Be Aware of Feelings

It's not uncommon for people to think about suicide. The majority comes to realize that death is permanent & what they're experiencing is temporary. Sometimes a person views their situation as unavoidable and feels out of control~ experiencing a range of feelings and emotions.

- Unable to stop the pain
- Unable to think clearly
- Unable to make decisions
- Unable to see any way out
- Unable to sleep, eat or work
- Unable to get out of depression
- Unable to make the sadness go away
- Unable see a future without pain
- Feeling worthless
- Unable get someone's attention
- Feeling out of control

If you experience these feelings ~ *Ask For Help!*
If someone you know exhibits these symptoms ~ *Offer Help!*

24/7/365 Resources

988 Suicide & Crisis Lifeline
National Suicide Prevention Lifeline
988lifeline.org/
suicidepreventionlifeline.org/

988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline (now known as the 988 Suicide & Crisis Lifeline), and is now active across the United States.

American Foundation for Suicide Prevention
afsp.org

The Trevor Project
Help for LGBTQ Youth in Crisis

Chat: https://thetrevorproject.org/get-help
Call: 866-488-7386
Text: 678678
https://www.thetrevorproject.org/

For help and information, contact your EAP

800-343-3822

- A suicide prevention or crisis center
- A community mental health agency
- A private therapist or counselor
- Your school counselor or psychologist
- Your physician

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