

Where to Get Help

24 Hour Toll-Free Crisis Hotline
for Warren & Clinton Counties

1-877-695-6333

OR **1-877-695-NEED**

Mental Health & Recovery Centers
of Warren County

1-800-932-3366

Mental Health & Recovery Center
of Clinton County

1-937-383-4441

Survivors After Suicide Support

Group — For the most up-to-date
group list, consult the American
Foundation for Suicide Prevention,
Cincinnati Chapter website at:

www.afsp.org

Provided by the
Suicide Prevention Coalition of
Warren & Clinton Counties

For more information about the
Coalition, contact:

Mental Health Recovery Services
of Warren & Clinton Counties
Phone 513-695-1695
Fax 513-695-2997
www.mhrsonline.org

Suicide Prevention

**Get the Facts and
Take Appropriate Action**



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or

1-877-695-NEED

Suicide Prevention Facts

Common Warning Signs

- Giving away favorite possessions
- A marked or noticeable change in an individual's behavior
- Previous suicide attempts & statements revealing a desire to die
- Depression (crying, insomnia, inability to think or function, excessive sleep or appetite loss)
- Inappropriate "good-byes"
- Verbal behavior that is ambiguous or indirect: "I'm going away on a real long trip. You won't have to worry about me anymore. I want to go to sleep and never wake up."
- Purchase of a gun or pills
- Alcohol or drug abuse
- Sudden happiness after long depression
- Obsession about death and talk about suicide
- Decline in performance of work, school, or other activities
- Deteriorating physical appearance, or reckless actions

High Risk Life Events Associated With Suicide

- Death or terminal illness of a loved one
- Divorce, separation, or broken relationship
- Loss of health (real or imaginary)
- Loss of job, home, money, self-esteem, personal security
- Anniversaries
- Difficulties with school, family, the law
- Early stages of recovery from depression

What Not To Do

- Do not leave the person alone if you feel the risk to their safety is immediate.
- Do not act shocked or condemn. There may not be another cry for help.
- Do not point out to them how much better off they are than others. This increases feelings of guilt and worthlessness.
- Do not swear yourself to secrecy.
- Do not offer simple solutions.
- Do not suggest drugs or alcohol as a solution.
- Do not judge the person.

- Do not argue with the person.
- Do not try to counsel the person yourself.

What To Do

- Take suicide threats seriously, be direct, open and honest in communications.
- Listen, allow the individual to express their feelings and express your concerns in a non-judgmental way.
- Say things like, "I'm here for you. Let's talk. I'm here to help."
- Ask, "Are you having suicidal thoughts?" A detailed plan indicates greater risk.
- Take action sooner rather than later.
- Get the individual who is at risk connected with professional help.
- Dispose of pills, drugs and guns.
- Don't worry about being disloyal to the individual; contact a reliable family member or close friend of the person.

GET PROFESSIONAL HELP!

Information from
"Suicide Prevention: A Plan for Ohio"