

THINGS TO WATCH FOR

- Talking about suicide or previous attempts
- Doing Internet searches on how to die by suicide
- Changes in;
 - mood
 - appetite
 - sleep
 - concentration
 - behaviour/interactions
- Increased use of drugs or alcohol
- Losing interest in things they cared about
- Withdrawal from family/friends
- Change in work habits
- Careless about their appearance
- Visiting or calling people to say good-bye
- Giving away important possessions
- Putting affairs in order, writing a will
- When a person decides on a plan to end their life, they may seem calmer or even happy

Anytime a suicidal person gets worse or isn't safe, call 911 or take them to a hospital.

REDUCE THE RISK

- Discuss the need for increased supervision.
- Discourage drug and alcohol use.
- Remove guns from the home (or store ammunition separately - ask the police for advice on safe storage).
- Lock up or remove;
 - medications or drugs
 - poisons / toxic chemicals.
- Check for access to sources of carbon monoxide, sharp objects and means for hanging.
- Remember, persons considering suicide may have several different plans.

WHAT TO DO

If You Suspect a Problem

- Be aware of triggers - losses, alcohol/drug use, troubled relationships, etc.
- Be honest, respectful.
- Take the person seriously - do not minimize problems or shame them into changing their mind. Saying "It's not all that bad" may only increase their feelings of guilt and hopelessness.

- Ask what they are planning and LISTEN.
- Reassure them that help is available and that suicidal feelings are temporary.
- Encourage the person to get professional help immediately. If there is no immediate danger, offer to work with them to get help. Participate in making the first phone call and follow up.
- NEVER keep a plan for suicide a secret. Don't worry about risking a friendship if you truly feel a life is in danger.
- Ensure your own safety. Take care of yourself - talk to someone.

If They ARE Suicidal

- Don't leave the person alone.
- Call 911 right away, or, if you can do so safely, take them to a hospital emergency room. Don't try to handle the situation without professional help.
- Tell a family member or friend right away what is going on.

Despite everyone's best effort, tragedy may still happen.