

# Suicide Is Preventable And Help Is Available

## What are warning signs of suicide?

These are warning signs that someone is thinking about suicide. If they apply to you or someone you know, get help immediately.

### Talking about:

- Wanting to die
- Having no reason to live
- Being a burden to others
- Seeking revenge

### Feeling:

- Hopeless or trapped
- Unbearable emotional or physical pain
- Extremely sad, agitated or anxious
- Full of anger and rage

### Changing behavior:

- Increasing the use of drugs or alcohol
- Withdrawing from loved ones
- Sleeping too little or too much
- Experiencing dramatic mood swings
- Acting recklessly

## What to do if you suspect someone is thinking about suicide

If you see warning signs that someone you know is struggling, in crisis, and may harm themselves, take action:

### 1 Start the conversation.

Ask them if they are thinking about suicide. Then, listen and let them know you care. Talking about suicide can actually help reduce suicidal thoughts. Just one conversation can help save a life!

### 2 Do a safety check.

If you think someone may harm themselves, try to **restrict their access to lethal items**, such as weapons and medications.

### 3 Reach out for help.

If you're worried that they are experiencing an emotional, mental health, or substance use crisis, **speak up and seek help**. Let them know that you are contacting a professional such as a doctor, psychiatrist, psychologist, counselor or social worker.

### Help is available



If you or someone you know is in crisis and needs help, call or text 988. The 988 Lifeline connects you with a trained crisis counselor who can help. It is free, confidential, and available 24/7. If this is a life-threatening emergency, call 911 or go to the nearest hospital emergency room.

Suicidal thoughts are a symptom of mental illness that can often be treated and improve over time.

That's why it's important to talk with a healthcare professional about what's causing suicidal thoughts.

Find additional suicide awareness and prevention information at: [RuralMinds.org/rural-suicide-awareness-and-prevention](https://RuralMinds.org/rural-suicide-awareness-and-prevention)

For additional mental health information and resources, visit the Rural Mental Health Resilience Program website at [RuralMinds.org/resilience](https://RuralMinds.org/resilience) or via the QR code below:

