



# SUICIDE PREVENTION

September 9th—September 15  
2018

## WHAT CAUSES SUICIDE

Suicide can happen for many reasons. There are many factors that can increase the risk of suicide. It is important to be aware of the factors; for prevention and to seek help. One of the main factors is a change of behavior. Whether the person stops a behavior or suddenly adopts a new behavior.

The following are warning signs to be on the look out for.

**Talk**

"If a person talks about:

- ◆ Killing themselves
- ◆ Feeling hopeless
- ◆ Having no reason to live
- ◆ Being a burden to others
- ◆ Feeling trapped
- ◆ Unbearable pain"

**Mood**

"People who are considering suicide often display one or more of the following moods:

- ◆ Depression
- ◆ Anxiety
- ◆ Loss of interest
- ◆ Irritability
- ◆ Humiliation/Shame
- ◆ Agitation/Anger
- ◆ Relief/Sudden Improvement"

**Behavior**

"Behaviors that may signal risk, especially if related to a painful event, loss or change:

- ◆ Increased use of alcohol or drugs
- ◆ Looking for a way to end their lives, such as searching online for methods
- ◆ Withdrawing from activities
- ◆ Isolating from family and friends
- ◆ Sleeping too much or too little
- ◆ Visiting or calling people to say goodbye
- ◆ Giving away prized possessions"
- ◆ Aggression
- ◆ Fatigue"

[www.afsp.org](http://www.afsp.org)



**For Suicide Prevention call:**

- National lifeline 1-800-273-8255
- Crisis line 1-866-495-6738
- Crisis Text line Text "Talk" to 741741
- Douglas Police Dept. (520) 417-7550
- Emergencies 911

