

RESOURCES

HOTLINES

SUPPORT Hotline
(Portage Path Behavioral Health)

330-434-9144

LIFELINE

(from anywhere in the country)

800-273-TALK (8255)

SURVIVORS OF SUICIDE

For those who have lost someone to suicide, help is available.

Contact **330-434-1214 ext. 106** for the Survivors of Suicide Support Group.

SUMMIT COUNTY SUICIDE PREVENTION COALITION

E-mail:

preventsuicide@admboard.org

Phone:

330-434-1214 ext. 106

FAX: 330-252-3024

The Summit County Suicide Prevention Coalition is sponsored by the **County of Summit ADM Board**
1867 W. Market St., Ste. B2
Akron, OH 44313

County of Summit
ADM BOARD Alcohol, Drug Addiction & Mental Health Services Board

www.admboard.org



*This brochure was funded by
The Ohio Suicide Prevention Foundation
www.ohiospf.org*

SUMMIT COUNTY SUICIDE PREVENTION COALITION



Connecting for Life

WHEN IT SEEMS THERE IS NO HOPE, THERE IS HELP

In a crisis? Call

SUPPORT:

330-434-9144

LIFELINE:

800-273-TALK(8255)

YOU CAN HELP

Lives are lost needlessly to suicide in our community every year. However there are warning signs to watch for and specific help anyone can offer so that others can continue to live.

SHOW YOU CARE

- Reach out
- Listen
- Connect
- Be available

Make the difference
for someone who
is in pain.

HAVE A CONVERSATION

An open and honest conversation about suicide can offer hope to those who are feeling hopeless and help to those who are feeling helpless.

GET INVOLVED AND STAY INVOLVED

- Be persistent
- Know local resources

There is help available in our
community

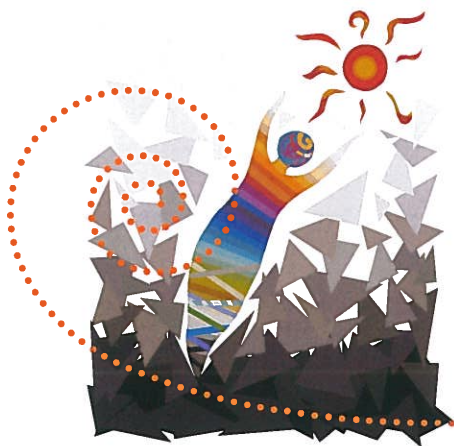
WARNING SIGNS

- Exposure to a loved one's suicide death or attempt
- Current talk about suicide or wanting to die
- Expressions of hopelessness, helplessness and emotional pain
- Signs of serious depression, moodiness, changes in behavior, sleeplessness, anxiety, withdrawal
- Increased use of alcohol or other drugs

There are other risk factors to keep in mind that increase the likelihood of suicide attempts. The more signs involved, the greater the risk.

- A previous suicide attempt
- Readily accessible firearms or other means
- Impulsivity and risk taking
- Feeling a lack of connection to family, friends and sources of help.

Suicide is an equal opportunity problem. People of all races, creeds, incomes and educational levels attempt and complete suicide. The elderly, youth and middle-aged males are particularly high risk groups.



Connecting for Life

FACTS

80% of people who die of suicide have communicated their intent directly or indirectly.

The key to prevention is recognizing the warning signs, taking action, and knowing where to go for help.

Never give up on a suicidal person.

Suicidal people struggle between wanting to live and wanting to die. There is a good chance they will be open to help.

REACH OUT

- Show you care.
- Share your concerns about what you are hearing and seeing.
- Listen thoroughly to what is said.
- Talk with them about what hurts so badly.
- Don't hesitate to ask "Have you been thinking about suicide?"

If the answer is "yes" go on with these questions.

"How long have you been thinking about suicide?"

"Do you have a plan?"

"Do you have that method available?"

"Do you really want to die or are you looking for a way to end your pain?"

"Can you see other solutions?"

- Offer reassurance that help can be found.
- Trust your instincts and take action.

TAKE ACTION

- Suicide is a mental health emergency, so call 911 if the person can see no other solution.
- Stay with the person until help arrives. Never leave a suicidal person alone.
- Safely remove any means by which a person could harm themselves.
- Involve others in helping. This could be family, friends, clergy, doctors, counselors, emergency rooms, mental health centers or hotlines.

JOIN

Become part of the Suicide Prevention Coalition by joining others who want to decrease deaths by suicide. There are many ways to help.

- Complete the membership form.
- Stay informed about coalition efforts
- Attend coalition meetings
- Host suicide prevention training for your employees, faculty, club members or faith community.
- Work on a specific task or event.
- Attend training opportunities.

FOR HELP CALL

SUPPORT
330-434-9144

LIFELINE
800-273-TALK(8255)