



# Suicide is preventable: Help save a life

The causes of suicide are complex and varied. Factors such as mental illness, substance use, painful losses, exposure to violence, and social isolation can harm people in different ways.

**Everyone** has a role to play in preventing suicide.

Understanding the issues around suicide and mental health can empower you to take part in suicide prevention, help others in crisis, and change the conversation about suicide.

## Know the warning signs

- Talking about wanting to die or kill themselves
- Looking for a way to kill themselves
- Talking about feeling hopeless or having no reason to live
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated, behaving recklessly
- Extreme mood swings
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge
- Sleeping too little or too much
- Talking about feeling trapped or being in unbearable pain

## Ways to help

- **Ask questions and listen.**
  - Talk directly about suicide.
  - Don't be afraid to use the word "suicide."
  - Help the person feel understood.
  - Listen and take them seriously.
- **Don't leave the person alone.**
- **Connect with expert care.** A person who displays warning signs of suicide and/or attempts suicide should always be seen by a mental health professional as soon as possible.
- **Call 911 if** the person is actively suicidal and at immediate risk of physical harm and/or death.
- **The National Suicide & Crisis Lifeline** is a 24/7 free and confidential resource: **988** or **1-800-273-TALK (8255)**.
- **Your local crisis center** can also offer resources.
- If safe to do so, **remove/restrict** any firearms, knives, medications, or other items that can be tools for self-harm.

**Everyone has a role to play in preventing suicide.**

Source: SAMHSA.gov

Community Care Behavioral Health Organization is a proud part of the UPMC Insurance Services Division, which also includes UPMC Health Plan, Workpartners, and UPMC for You (Medical Assistance).

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