

SUICIDE

IS NOT THE ANSWER!

HELP IS A PHONE CALL AWAY, CALL:

800 273-8255

BEFORE YOU DO ANYTHING ELSE, PLEASE READ THIS

Often times people think there is no alternative but to take their life. That is not true. People can become so upset and depressed they can't see or believe there is any hope or they are all alone. **Don't believe it!**

THERE IS HOPE AND THERE IS HELP

People are ready, willing, able, and wanting to help **you** get through this.

FOR IMMEDIATE HELP CALL

THE NATIONAL SUICIDE PREVENTION LIFELINE

800 273-8255

Suicide can be the tragic result of untreated depression. Treatment for depression is a vital factor in any suicide prevention. With suicidal depression, different forms of individual therapy contribute toward sustainable healing. Treatment is also essential for suicide survivors.

Know the signs of people thinking of suicide:

1. Talking about death or suicide.
2. Seeking methods of self-harm such as online searches or obtaining a gun.
3. Talking of feeling hopeless or having no reason to live.
4. Changes in sleep.
5. Talking about being a burden to others.
6. Withdrawal.
7. Sudden mood changes.
8. Anxiety or agitation.
9. No sense of purpose.
10. Reckless behavior.

What to do if you see these signs:

If you think someone is at immediate risk of self-harm or hurting another person:

1. Call 911 or your local emergency number,
2. Stay with the person until help arrives,
3. Remove any guns, knives, medications, or other things that may cause harm,
4. Listen, but don't judge, argue, threaten, or yell,

HELPFUL WEBSITES

Erins Purpose:

<https://www.facebook.com/Erins-Purpose-222297771968285/>

Romans Warrior Foundation:

<https://www.romanswarriorfoundation.org/>

<https://www.suicideispreventable.org/>

If you are thinking of taking your life or you know somebody that is, seek Mental Health immediately.

**THERE IS NO SHAME IN ASKING FOR HELP
DON'T GO THIS ALONE**

Call The National Suicide Prevention Lifeline

800 273-8255



YOU CAN GET THROUGH THIS.

For more information and printable copies of this publication go to: <http://gcema.ddns.net/>

This publication is provided as a public service by Greene County Emergency Management Agency, Greene County, Indiana. Ph. 812 384-4127, email green-jeans@sbcglobal.net