

What You Need to Know...



Suicide - General Information

No suicide attempt should be dismissed or treated lightly!

Warning Signs

- Verbal threats such as "You'd be better off without me" or "Maybe I won't be around anymore..."
- Expressions of hopelessness and/or helplessness
- Previous suicide attempts
- Daring and risk-taking behavior
- Personality changes (i.e. withdrawal, aggression, moodiness)
- Depression
- Giving away prized possessions
- Lack of interest in the future

What To Do If A Friend Or Relative Is Suicidal

- **Trust your instincts** and believe that the person may attempt suicide
- **Talk with the person** about your concerns and show that you care and want to help
- **Ask the person direct questions.** The more detailed their plan, the greater the **immediate** risk.
- Remember that the most important thing is to **listen**
- **Get professional help** - even if the person resists.
- Do **not** leave the person alone
- Do **not** swear to secrecy
- Do **not** act shocked or judge the person
- Do **not** counsel the person

If you or someone you know is contemplating suicide, call 1-800-SUICIDE.

For More Information:

For a free and confidential mental health screening, go on-line to www.mhacolorado.org.

American Academy of Child and Adolescent Psychiatry	202-966-7300	www.aacap.org
American Association of Suicidology	202-237-2280	www.suicidology.org
Suicide Prevention Advocacy Network	888-649-1366	www.spanusa.org

www.mhacolorado.org

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