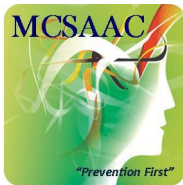
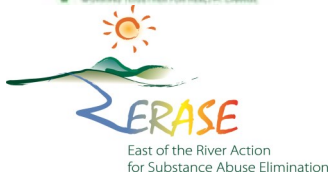




Local partnerships promoting wellness by addressing substance abuse statewide.



## Prevention of Suicide

### Know the warning signs:

They can include: •talking about suicide •seeking out lethal means •preoccupation with death •feelings of hopelessness and helplessness•self-loathing •self-hatred•getting affairs in order •saying good-bye•withdrawing from others•self-destructive behavior or a •sudden sense of calm. The more warning signs observed the greater the risk. Take all signs seriously!

**Ask the question:** Talking to a friend or family member about their suicidal thoughts and feelings can be extremely difficult for anyone. You can't make a person suicidal by showing that you care. In fact, giving a suicidal person the opportunity to express his or her feelings can provide relief from the hopelessness or helplessness they suffer and may prevent a suicide attempt or death. If you find it hard to ask the question, find someone who can.

**Refer them for help:** Suicidal people often believe they cannot be helped, so you may have to do more. *Listen* to the problem and give them your full attention. Remember, suicide is not the problem, only the solution to a perceived insoluble problem. *Do not rush* to judgment. *Offer hope* in any form. *Get them to accept your help.*

- The best referral involves taking the person directly to someone who can help.
- The next best referral is getting a commitment from them to accept help, then making the arrangements to get that help.
- The third best referral is to give referral information and try to get a good faith commitment from them not to complete or attempt suicide. Any willingness to accept help at some time, even if in the future, is a good outcome.

### Resources:

- ⇒ If you feel that someone's in imminent danger, always call 911.
- ⇒ In Connecticut, you can call 211 for assistance 24/7.
- ⇒ The National Suicide Prevention help line is 800-273-TALK [www.preventsuicidect.org](http://www.preventsuicidect.org)

The Connecticut Prevention Network (CPN) is an association of the state's 13 community partnership Regional Action Councils (RACs) that work to provide your community with education, training and advocacy for substance abuse prevention and mental health promotion.