

## Suicide Prevention Facts

*What if I think the person might be depressed or considering suicide?*

- Make sure your friend or family member cannot get hold of any type of weapons, large quantities of medication, or anything else that might be dangerous. You may need to take away the person's car keys.
- If the person is threatening suicide right then and there, or is in immediate danger, take him or her to a hospital or emergency room immediately. Don't try to handle a crisis alone. Call 911 or get help from other friends or family members.
- Take any threats or casual mentions of death or suicide seriously. Don't assume the person is just trying to get attention.
- Encourage your friend or family member to hang on, and help him or her get professional help right away.
- Don't promise you will keep your loved one's thoughts or plans a secret. You may need to tell a doctor or family member in order to save your loved one's life.
- Find out if the person has a plan. Talking about suicide will not plant the idea in a person's mind. He or she may welcome the chance to talk.
- Offer your help. Offer to listen.
- Suggest that your loved one call a suicide hotline such as (800) 442-HOPE if he or she is alone and in need of help.
- Let your loved one know his or her life is important to you and others. Remind the person that suicidal thoughts are a symptom of a treatable illness.

## Warning Signs

- Giving away favorite possessions.
- A marked or noticeable change in an individual's behavior.
- Previous suicide attempts and statements revealing a desire to die.
- Depression (crying, inability to think or concentrate, or make decisions, increases feelings of guilt and worthlessness.)
- Verbal behavior that is ambiguous or indirect. "I'm going away on a real long trip. You won't have to worry about me anymore. I want to go to sleep and never wake up."
- excessive sleep or insomnia, loss of appetite
- Purchase of gun or pills.
- Alcohol or drug abuse.
- Sudden happiness after a long depression.
- Obsession about death and talk about suicide.
- Decline in performance of work, school, or other activities.
- Deteriorating physical appearance.
- Irritable, empty, sad mood most of the day.
- No interest in or pleasure from activities.

### Hotline #s:

**800-273-8255 (TALK)**

**800-422-4673 (HOPE)**

## High Risk Life Events

### Associated With Suicide

- Early stages of recovery from depression.
- Divorce, separation, or broken relationship, child support, and custody issues.
- Death or terminal illness of a loved one.
- Loss of health (real or imaginary).
- Anniversaries
- Difficulties with school, family, the law.

### What not to do

- Do not point out to them how much better off they are than others. This increases feelings of guilt and worthlessness
- Do not try to counsel the person yourself
- Do not swear yourself to secrecy.
- Do not act shocked or condemn. There may not be another cry for help
- Do not offer simple solutions.
- Do not suggest drugs or alcohol as a solution.
- Do not judge the person.
- Do not leave the person alone if you feel the risk to their safety is immediate

**Depression is the #1 cause of suicide...**

**It doesn't have to end this way**

Doctor's Name:

Address:

Phone #:

Emergency #:

Next Appointment:

Referral:

Medications:

Medication Instructions  
and Dosage (please read RX insert):

Notes:

- There are roughly 42,000 suicides annually in the USA.
- Number one reason for suicides is untreated depression.
- Every 16 minutes someone in the USA takes their own life.
- For every completed suicide by a youth, it is estimated that 100 to 200 attempts are made.



Justin's depression could have been treated.

**It doesn't have to end this way**

*The mission of the Justin Kemly Memorial Foundation is to establish an advocacy for mental health that builds trust and hope by creating and maintaining safe, supportive, cooperative, family, support systems, and professionals, proactive relationships among those that suffer and to remedy the stigma of shame and the devaluing of the sufferer by promoting a greater understanding and increased compassion with a goal of relieving suffering and preventing suicides.*



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**Don't let the stigma of Mental  
Illness stop you from getting help.**

References:  
*Information gathered from  
American Foundation for  
Suicide Prevention*