



Know the Signs

Recognizing Suicidal Behavior



Sadness



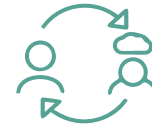
Insomnia



Hopelessness



Withdrawal



Mood Swings



Changes in Eating



Drug Use



Rage



Self-loathing



Feeling Trapped



Despair



Feelings of Guilt

In addition to the above, those struggling could also be dealing with feelings of being a burden, making a plan or preparations, struggling with self-harm or trauma, seeking revenge, taking risks, changing their appearance, talking about suicide or saying goodbye.

Educating yourself is a great first step in suicide prevention. If someone you know is exhibiting any of

the above symptoms, reach out and help them get the support they need. You should reach out about their mental health even if you are unsure. If untreated, mental health conditions can leave people at higher risk to develop suicidal thinking. However having a mental health condition does not mean a person will develop suicidal thinking.

The Importance of Language

Remember that even if a person is struggling with their mental health, they are still a person. Always use phrases that emphasize that they are a person before describing their mental illness. For example, you would say "This person is struggling with suicidal thoughts" rather than "They are a suicidal person." The way we phrase our words can significantly impact their reception.

Supporting Those Left Behind

People who are affected by a suicide often experience feelings of grief and guilt. It can be hard to keep your mind from circling down the rabbit hole of "What if I did this differently?" and "Would they still be here if I did this?" The intense feelings following a loved one's passing can

be really hard on one's mental health. No matter how someone is grieving, it is important to let them know that you are there for them.

Special Resources for Grieving

Grieving looks different for everybody and is extremely taxing on our physical and mental states. People take different amounts of time to process a death, have different ways to cope with their feelings, and act differently when presented with a passing of a loved one.

Healthy grieving is not about getting over a death. It is about being present with your emotions and learning to live with them. Bereavement counseling, grief hotlines, suicide loss survivor services, and other resources are available if you or someone you know is having trouble grieving a loved one.



There was one death by suicide in the U.S. every 11 minutes in 2019.

47,511 Americans died by suicide in 2019.

sources: afsp.org and cdc.gov

National Suicide Prevention Lifeline

800-273-8255

ADAMH Board of Franklin County

adamhfranklin.org

Crisis Text Line

text START to 741 741