

**Crisis Text
Line:
Text HOME
to 741741**

REACH FOR RESILIENCE

www.reach4resiliencend.com

SUICIDE PREVENTION MONTH

September 2022

988
SUICIDE
& CRISIS
LIFELINE

Facts

Solutions

Hope

- ▶ 9 out of 10 people with suicidal ideation have large shifts in ideation within HOURS
- ▶ 50% of people who attempt suicide deny serious suicidal ideation, suicide planning and/or preparatory or rehearsal behaviors before the attempt
- ▶ Most people who die by suicide do not have a diagnosable mental health condition
- ▶ According to SAMHSA (2017):
 - 10.6 million American adults had serious thoughts of suicide
 - 1.4 million made a suicide attempt
 - 40,000 died by suicide

MAKE A SAFETY PLAN



SAFE FIREARM STORAGE



SAFELY DISPOSE MEDICINE



Evidence-based strategies to save a life:

Preventing suicide is about improving people's ability to cope with intense moments of emotional and/or physical pain coupled with sudden impulses to die.

Increase people's awareness of resources for when they are having a burst of emotional pain with thoughts of dying (e.g., 988, supportive friends/family).

Look for changes in our family members, colleagues, and friends in their mood and behavior, and check in with them about the change (e.g., "You don't seem to be your usual self. What's going on?").

Help people reduce their access to lethal means of harm.
(See QR Codes Above)

If you see a therapist, ask them about their evidence-based treatment for suicide.