

SE PA Crisis Centers (24/7)

- Bucks County
800-499-7455
- Chester County
877-918-2100
- Delaware County
CCMC 610-447-7600
Fitzgerald Mercy 610-237-4210
- Montgomery County
MCES 610-279-6100
- Philadelphia County
Northeast 215-831-2600
Northwest 215-951-8300
North 215-707-2577
CC/South 215-829-5249
West/SW 215-7488525



For Veteran's Crisis Line Press [1]

Protective Factors:

These are some things felt to deter suicidal thoughts and behaviors that you may be able to develop or enhance:

- Believing in the value of life
- Having reasons for living
- Strong social connections and supports
- Hope for the future—optimistic outlook
- Spiritual beliefs against suicide
- Managing anger and impulsivity
- Sobriety
- Feeling of personal control
- Sense of self-worth and self-esteem
- Willingness to get help

If you are receiving mental health care, following your treatment plan, keeping your appointments with your therapist or psychiatrist, and taking your medications as prescribed may deter or help reduce the onset of suicidal thoughts.

This information is meant to be educational and not to take the place of advice and help from qualified health care sources.

Funded by OC87 Recovery Diaries



Some Things to Know if You're Having Thoughts of Suicide

**Montgomery County
Emergency Service
50 Beech Drive
Norristown, PA 19403
610-279-6100
www.mces.org
@MCES1**

Purpose

You're reading this brochure because you might be thinking of suicide. Here's basic information on how to keep these thoughts from getting to the point where you act on them. ***Suicide is preventable; thoughts about it are temporary; you can help yourself prevent it.***

How Suicide Happens

A suicide may occur when both a strong intent to die and the capability for potentially lethal self-harm come together.

A desire to die may result from a person's *belief* that he or she is a burden to those close to them or that everyone would be better off without them.

A capability for lethal self-harm may result from personal or job-related trauma, exposure to abuse or violence, pain, access to firearms, military training, and other experiences.

Possible Triggers

Marital issues, divorce, separation
Serious financial or legal problems
Job loss/unemployment
Death of child, other loved one
Experiencing a suicide
Severe illness, injury, disability

Some Warning Signs

Talking of being trapped, losing control
Increasing alcohol/drug use
Withdrawing from family/friends
Anxiety/agitation/sleep problems
Mood changes, anger, growing pessimism, unnecessary risk-taking
Growing self-criticism
All or nothing, black/white thinking

Some Danger Signs

Indifference to job duties
Giving away pets, tools, favored items
Making final arrangements
Sleep disturbances, nightmares

Help with Warning Signs

Call one of the numbers on the back panel of this brochure ASAP
Avoid being alone if possible
Don't use alcohol or drugs
Get away from anything you might use to harm yourself
Call your counselor or therapist if you have one now

When to get Emergency Help

You need immediate help if you are

- Voicing/e-mailing/texting others that you are thinking of suicide
- Working out a specific suicide plan giving when and how
- Seeking a way to harm yourself

Any one of these signals imminent dangerousness and you should:

- Call the local crisis center *now*
- Go to nearest hospital Emergency Department *now*
- If above not available call 911 *now*

MORE INFORMATION ABOUT SUICIDE PREVENTION

www.montcocares.org