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
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