When Suicide intent or risk is detected early, lives can be saved. It’s important to know the signs that someone may be at risk for suicide.

* Suicide is the 10th leading cause of death in the United States.
* One Suicide occurs on average every 13.3 minutes in the U.S.
* Suicide is the 2nd leading cause of death among 15-24 year olds.
* It is estimated that five million Americans have attempted to kill themselves.
* More people in the United States die by Suicide each year than by homicide.

Suicide Statistics:



**Warning Signs:**

* Threatening to hurt or kill oneself or talking about wanting to hurt or kill oneself.
* Looking for ways to kill oneself by seeking access to firearms, available pills or other means.
* Talking or writing about death, dying or suicide when these actions are out of the ordinary.
* Feeling hopeless.
* Feeling rage or uncontrolled anger or seeking revenge.
* Acting reckless or engaging in risky activities-seemingly without thinking.
* Feeling trapped-like there is no way out.
* Increasing alcohol or drug use.
* Withdrawing from friends, family and society.
* Feeling anxious, agitated or unable to sleep or sleeping all the time.
* Experiencing dramatic mood changes.
* Seeing no reason for living or having no sense of purpose in life.

**Get Involved**

* Be available, show interest and support
* Ask if he/she is thinking about suicide
* Be direct. Talk openly and freely about suicide
* Be willing to listen. Accept the feelings
* Be non-judgmental
* Don’t ask why, offer empathy
* Don’t be sworn to secrecy, offer hope

Seek Help – Talk to Someone!!

A Community Mental Health Agency

A Physician

A Religious Leader

A Crisis Intervention Line

Call 911

For more information, or if you or someone you love is struggling with suicidal thoughts, please contact us.

**The Depot Counseling Center**

**618-263-4970**