

If you or someone you know is thinking of suicide, please call 800-273-TALK (8255).

Suicide: Know the signs. Save a life.



You're not alone

A lot of teens and adults have problems they can't solve on their own. Unfortunately, that can be part of life. But if we talk to each other and work together, problems that seem overwhelming can become more manageable.

Don't be ashamed or embarrassed. If you are having problems and thinking of hurting yourself, tell someone. You'll be surprised at how many people around you want to help – a parent, a relative, a friend or teacher, the school nurse, the guidance counselor, even a friend's parents.

Or call the National Suicide Prevention Lifeline at (800) 273-TALK (8255), and they will help you.

You may not realize it, but you are important to a lot of people.

If you notice any of these signs in a friend or family member, let an adult know.

Possible warning signs

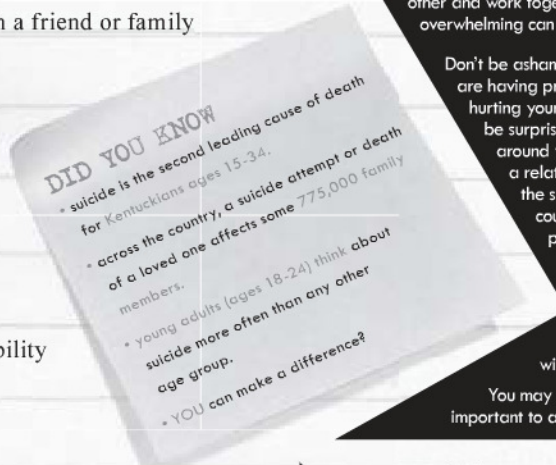
- Suicide threats
- Statements revealing a desire to die
- Previous suicide attempts
- Getting a gun or stockpiling pills
- Giving away prized possessions
- Impulsivity
- Increased risk taking
- Unexplained anger, aggression, irritability
- Self-destructive acts (cutting, etc.)
- Chronic truancy
- Running away
- Perfectionism
- Alcohol or substance abuse
- Hopelessness
- Sudden changes in behavior

Risk factors of suicide

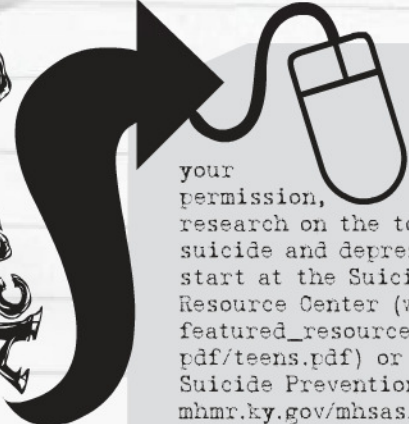
People who are depressed and exhibit the following symptoms are at particular risk for suicide:

- Being expelled from school/fired from job
- Loss of any major relationship
- Death of a friend or family member, especially by suicide
- Diagnosis of a serious or terminal illness
- Financial problems (either on their own or within the family)
- Sudden loss of freedom; fear of punishment
- Feeling embarrassed or humiliated in front of peers
- Victim of assault or bullying
- Change in interaction with family and friends
- Depression
- Failing grades

For more information about preventing suicide, go to <http://mhmr.ky.gov/mhsas/suicidepreventiongroup.asp>.



Activity



As a class and with your teacher's permission, do some research on the topic of suicide and depression. You can start at the Suicide Prevention Resource Center (www.sprc.org/featured_resources/customized/pdf/teens.pdf) or the Kentucky Suicide Prevention Group (www.mhmr.ky.gov/mhsas/kspg.asp). Now, share your new knowledge: Write an article on suicide prevention for your school newspaper, create a slide or poster presentation to present to another class, or ask the principal if you can post the information as a hall display.

