

# SUICIDE PREVENTION

## Suicide Is The Premeditated Taking Of One's Own Life



### MOST YOUNGER SUICIDAL PEOPLE:

- Do not verbally seek out or ask for help
- Tend to resist treatment
- Hide their level of despair



### COMMON WARNING SIGNS:

#### Often present weeks before an attempt:

- Change in sleeping/eating habits/concentration
- Loss of interest in usual activities, such as school/school work
- Withdrawal from family and friends/ increased isolation
- Sudden change in behavior – may begin acting out, running away
- Neglecting appearance

#### Four Acute Signs that Warrant Immediate Attention:

1. Severe anxiety or confusion
2. Thinking about the same thing over and over
3. Cannot go to sleep or stay asleep, has gone without sleep for several days
4. False beliefs of doom or that something terrible and unavoidable is about to happen



### WHAT CAN YOU DO?

**Ask!** Don't be afraid to ask the person about how they are feeling/thoughts of harming themselves. This could save a life.

**Listen**—Provide your full attention and avoid interrupting.

**Offer non-judgmental help** and be supportive. Keep medications and guns locked in a safe place.

**Seek professional help**—Meridian Health Services 24-Crisis Line—800-333-2647.

**If you or someone you know is in immediate crisis, call 911 or go to the nearest hospital.**

#### Resources

Meridian Health Services  
800-333-2647

National Suicide Prevention Lifeline  
800-273-8255

Crisis Text Line  
741741

**MERIDIAN**  
HEALTH Services  
MeridianHS.org