

How to Help

Ask:

Be direct and ask the question, “Are you thinking about suicide?” This promotes a conversation that is non-judgmental and supportive.

Keep Them Safe:

Seek help and be sure they are not alone until help arrives. Remove any lethal means available to them for causing self-harm.

Be There:

Being connected to someone lessens feelings of isolation. Listening is very important and a way to find out what and who they believe will help. If you cannot be there physically, find out who can be and who they trust.

Help Them Connect:

Do not keep anyone’s thoughts of suicide a secret. Provide them with hotline numbers and mental health/community resources that can help.

Follow-Up:

Check in with them to see how they are doing. Doing so may increase feelings of connectedness, support and knowing someone cares.

Resources

Frederick County Public Schools
Department of Student Services
301-644-5220

Frederick County Public Schools
Office of Psychological Services
301-696-6880

Frederick County
Mental Health Association
301-663-0011

Frederick Memorial Hospital Emergency
240-566-3500

***There is Hope, there is Help,
Suicide is Preventable.***

Frederick County Hotline:
211 or 301-662-2255

Crisis Text Line:
Text TALK to 741-741

National Suicide Prevention Lifeline:
1-800-273-8255

Maryland Youth Crisis Hotline:
1-800-422-0009

***Everyone’s life matters.
Help is available.
People do care.
Treatment works!***

Suicide Prevention: *Helping Those Who Hurt*



Youth Suicide Prevention Awareness: *What You Need to Know!*

- ◆ Suicide is the first leading cause of death among 10-14 year olds in Maryland.
- ◆ Suicide is a tragedy that affects families, schools and communities.
- ◆ For every suicide completion, there are 25 people nationwide who have attempted suicide.
- ◆ With increased awareness of the warning signs, the chances that a suicide can be prevented improve.
- ◆ There are resources available to help those who are facing a suicidal crisis.

References:

Voices of Education
www.save.org

American Foundation for Suicide Prevention
www.afsp.org

Suicide Prevention, Awareness and Support
www.suicide.org

Warning Signs!

Suicide does not have one single cause. The warning signs of suicide may indicate that a person is in danger and may urgently need help.

A person may be suicidal if he or she:

Talks about:

- ◆ being a burden to others
- ◆ feeling trapped
- ◆ having no reason to live
- ◆ killing themselves
- ◆ experiencing unbearable pain

Exhibits changes in behavior:

- ◆ increased use of drugs/alcohol
- ◆ searching (online) for ways to kill themselves
- ◆ makes a will or makes plans for a funeral
- ◆ taking unnecessary risks
- ◆ withdrawing from family, friends, activities
- ◆ sleeping too much or too little
- ◆ saying goodbye to people
- ◆ giving away prized possessions

Experiences mood changes:

- ◆ depression
- ◆ seeking revenge
- ◆ aggression/rage
- ◆ irritability
- ◆ anxiety
- ◆ helpless/hopeless
- ◆ extreme mood swings

Risk Factors

Risk factors do not cause or predict a suicide, rather they are characteristics that make it more likely an individual will consider, attempt or die by suicide.

Conditions that may be a contributing factor are:

Health Factors:

- ◆ mental health conditions
- ◆ substance abuse
- ◆ chronic health condition and/or pain

Environmental Factors:

- ◆ stressful life events which may include a death, difficulty at school, in trouble at home or with the law
- ◆ target of bullying/harassment
- ◆ relationship problems at home or at school
- ◆ rejection due to gender identify, sexual orientation or gender expression
- ◆ access to lethal means including firearms and drugs
- ◆ exposure to another person's suicide, or to graphic or sensationalized accounts of suicide
- ◆ stigma associated with asking for help.

Historical Factors:

- ◆ previous suicide attempts
- ◆ family history of suicide attempts
- ◆ history of abuse