



## KNOW HOW TO HELP >>

Learning the warning signs of suicide could save someone's life. While an individual may not be experiencing all of these warning signs, most will experience more than one and for an extended period of time. Some are obvious while some are more subtle, so it's important to know what to look for and what to do next if you do notice these behaviors in someone you care about. With each of these warning signs, watch for a change from the individual's typical behavior.

- >> Withdrawal
- >> Feeling trapped or in unbearable pain
- >> Giving away possessions
- >> Excessive drinking or substance use
- >> Acting anxious or agitated
- >> Talking about being a burden
- >> Displaying extreme mood swings
- >> Unexplainable physical pain
- >> Changes in sleep
- >> Risky, reckless behavior
- >> Saying goodbye
- >> Feeling hopeless
- >> Talking or writing about wanting to die
- >> Increase in anger or rage
- >> Looking for a way to kill themselves

## GET HELP NOW >>

If you are feeling suicidal or if you are concerned about an individual who is suicidal, there is immediate help available. A skilled, trained counselor at a crisis center is able to talk to you now and provide assistance.

**Suicide Prevention Lifeline: 800.273.8255**

Boys Town National Hotline: 800.448.3000

Crisis Text Line: Text START to 741741

The Trevor Project: 866.488.7386

Your Life Your Voice: [yourlifeyourvoice.org](http://yourlifeyourvoice.org)

## RISK FACTORS >>

Definition: Things that have occurred or exist in someone's life that increase their chances of suicide. Please note, someone who has experienced one or more of these may never think of suicide, but risk increases with the more factors that exist.

- >> Death or other trauma in the family
- >> Mental health problems
- >> Physical illness, disability, and pain
- >> Social isolation
- >> Persistent serious family conflict
- >> Traumatic break-ups of romantic relationships
- >> Physical & sexual abuse
- >> Trouble with the law
- >> Failures, major disappointments
- >> Bullying or harassment
- >> Prior suicide attempts

## KNOW HOW TO HELP >>

- >> Never leave someone who is suicidal alone
- >> Never keep thoughts or comments about suicide a secret
- >> Know the warning signs
- >> Take any and all comments about suicide very seriously
- >> Be direct and not afraid to ask the question, "Are you thinking about suicide?"

## BUILD HOPE BRING MORE TOMORROWS >>



Suicide is the 2nd leading cause of death for 10- to 34-year-olds in the US

1 in 5 students nationwide (grades 9-12) seriously considered suicide in the past year



More than four times as many people died by suicide in Nebraska in 2018 than in alcohol related motor vehicle accidents

On average, in the United States, there are 132 suicides per day



## HOW TO HAVE THE CONVERSATION >>

Have suicide prevention resources in hand when starting the conversation. Be specific. Tell them exactly why you're concerned about them.

For instance:

- >> "I've noticed you stopping coming to \_\_\_\_ and you've lost interest in things you once enjoyed. I'm concerned about you. What's going on?"
- >> "You seem down lately. How have things been going at \_\_\_\_?"
- >> "Tell me more about how you're feeling."

Validate their feelings and provide them with support and resources.

- >> "You're not alone. We will get through this together."
- >> It's ok to say, "I want you to live."

See more at [MoreTomorrowsNE.org](https://MoreTomorrowsNE.org)