

Suicide Prevention

#5 in a series from Rideout Health, in service to our community

IF YOU OR SOMEONE NEARBY IS A VICTIM OF TRAUMA, CALL 911 IMMEDIATELY!

Suicide Prevention

Every 13 minutes, someone in America dies by their own hand. Suicide directly affects more than five million people nationwide, and the losses can ripple through entire communities. Suicide rates in Yuba-Sutter are higher than average, but many lives can be saved by timely intervention. Suicidal crises tend to be brief, with most individuals acting not to die but to end the pain they are experiencing. Like healthcare professionals, families, friends and co-workers can be alert to suicidal risk or intent, and step in to help.

Risk factors include depression or other mental health issues; substance abuse; family history of suicide; family violence or abuse; exposure to news about high-profile suicides; being the victim of bullying or violence.

People who kill themselves exhibit one or more warning signs; the more warning signs, the greater the risk. Here are some of the warning signs that someone may be thinking of ending his or her life:

Talk

If a person talks about:

- Killing themselves or how others have killed themselves
- Feeling there is no longer any reason to live
- Being a burden to his or her family or friends
- Feeling trapped or having unsolvable problems
- Being in unbearable pain (physical or emotional)

Behavior

Watch for new or increased behaviors, particularly if they have recently experienced the death of someone close or have suffered a significant loss (job, divorce, home) or major change in life circumstances. These new or heightened behaviors could include:

- New or increased use of alcohol or drugs (including prescriptions)

- Seeking additional or multiple prescriptions by visiting multiple doctors
- Looking for a way to kill themselves, such as purchasing or searching online for materials or means
- Acting recklessly/taking chances (driving too fast, crossing street in heavy traffic, engaging in high-risk activities)
- Withdrawal from usual activities or social occasions; resigning from clubs, etc.
- Isolating from family and friends
- Erratic sleep patterns (sleeping during day, sleeping too much or too little)
- Contacting people by phone, email or in person to say goodbye
- Giving away possessions, especially those with special meaning
- Aggression; outbursts of anger

Mood

Persons considering suicide often exhibit one or more of the following moods:

- Depression
- Anxiety
- Apathy; loss of interest in hobbies
- Anger or rage
- Irritability
- Humiliation

If someone you know is showing one or more of these signs or you notice changes in his or her behavior, mood or they are talking about suicide (even if not about themselves) – or if you, yourself, are in crisis — don't wait.

Call the local suicide prevention hotline at: **530.673.TALK [673-8255]**. Someone will answer at any time, day or night, and help you.

If you are out of the area, the national toll-free hotline can be reached 24/7 at: **800.273.TALK [800.273.8255]**. You will be connected to a trained counselor who can help you, in English or Spanish.

Suicide Prevention Resources

Yuba Sutter Mental Health:

http://sutter.networkofcare.org/mh/services/agency.aspx?pid=NationalSuicidePreventionLine_161_2_0

National Institute for Mental Health

<https://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml>

The National Suicide Prevention Lifeline

also offers on-line chat as well as phone support, and special information for veterans, teens and victims of bullying. Their website:

www.suicidepreventionlifeline.org

Their Facebook page:

www.facebook.com/800273TALK

American Foundation for Suicide Prevention

www.afsp.org

Suicide Prevention Resource Center

<http://www.sprc.org>

American Association of Suicidology

www.suicidology.org

RIDEOUT HEALTH
Rideout Emergency Department
726 4th St., Marysville, CA 95901
530.749.4300
RideoutHealth.org/trauma