YOU CAN HELP PREVENT SUICIDE

Share your concern and let them share
Ask about suicide directly if you notice signs
Support them by connecting to resources and by keeping in contact

RESOURCES

Local 24-Hour Crisis

 Penn State Crisis Line: 877-229-6400
 Crisis Text Line: Text “LIONS” to 741741
 UPMC Altoona Community Crisis Center: 814-889-2141

Campus

 CAPS (Counseling and Psychological Services): 814-949-5540

National 24-Hour Crisis

 Suicide Prevention Lifeline: Call, text, or chat 988 or 1 (800) 273-TALK (8255) to be connected to specialists in your area code
 Veterans Crisis Line: Dial the above number and press 1
 The Trevor Project: LGBT+ Crisis Call Line at 866-488-7386
 Crisis Text Line: Text “HOME” to 741-741

#WeSupportU Counseling and Psychological Services
PREVENTING SUICIDE REMINDERS

Mental Health is Health
Mental Health is just another aspect of a person’s health. Promote Mental Wellness by letting go of stigma, becoming knowledgeable and speaking openly. Remember, most people who have suicidal thoughts find a way to overcome and don’t die by suicide.

Be Direct
Asking about suicidal thoughts directly shows concern and support. If you think someone is struggling, asking them in a non-judgmental way if they have considered suicide will show you care, are open to mental health problems and can be a protective factor.

Care But Don’t Carry
While we want to help as best we can, it is not our responsibility to completely take care of someone else. Suicide prevention includes knowing when to help someone get extra assistance from a professional.

Be a Mental Health Advocate
The language we use to talk about mental health and wellness is essential to combating stigma. Wear your suspenders with pride and make an effort to stop using stigmatizing language to show you support yours and your community’s mental health.

Suicide Safer Homes
This may be the single most important thing you can do to save a life. If it is safe to do so, remove firearms, stock piled pills and sharp objects from the home during times of distress.

Suicidal Crises are Brief
Often a suicidal crisis only exists for a short period of time. Sitting with someone and helping them get to help can make all the difference in the world.

WARNING SIGNS

• Looking for a way to kill oneself, such as searching online or obtaining a gun
• Talking about
  ◦ wanting to die or to kill oneself
  ◦ feeling hopeless or having no reason to live
  ◦ feeling trapped or in unbearable pain
  ◦ being a burden to others

• Increasing the use of alcohol or drugs
• Acting anxious or agitated; behaving recklessly
• Sleeping too little or too much
• Withdrawing or feeling isolated
• Showing rage or talking about seeking revenge
• Displaying extreme mood swings

HOW TO SUPPORT
• Share, Ask, Support
• Restrict means
• Help identify coping skills (i.e. shower, walk, music etc.)
• Know the services available in your area and help the person you are concerned about get connected

PRECIPITATING FACTORS

• End of a serious relationship
• Death of a loved one
• Legal problems
• Serious financial problems
• Onset or worsening of mental health problems

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