

# 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



Suicide  
Prevention



Substance  
Abuse  
Prevention



Mental Health  
Awareness  
& Stigma  
Reduction



Domestic  
Abuse  
Prevention

# 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.

## 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.

## 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.

## WARNING SIGNS

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- 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

## 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.

## 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.

## 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.

## PRECIPITATING FACTORS

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

