

# ABOUT SUICIDE

## Suicide Facts

90% of the people who die by suicide suffer from one or more psychiatric disorders.

Most suicides are the result of untreated mental illness, not just a single stressful event.

Major depression is the most common mental illness that ends in suicide.

Research shows that in our lifetime:

20% of us will have a suicide within our family

60% of us will personally know someone who dies by suicide

Asking a depressed person about suicide **will not** push him/her to die by suicide.

The highest rates of suicide are in the Spring. The lowest are during the Holidays.

## Depression

**Untreated depression is the #1 cause of suicide.**

Signs of depression:

Sad mood lasting 2 weeks or more

Loss of pleasure

Feelings of hopelessness and helplessness

Significant weight loss or gain

Poor concentration

Changes in sleep or eating habits

Prior suicide attempts

Feeling worthless

Depression can affect all ages.

Depression often goes unrecognized.

Depression is treatable with medication and talk therapy.

## Resources

Emergency: 911

Social Services Information: 211

Suicide Prevention Crisis Line

1.877.7CRISIS

(1.877.727.4747)

Toll Free in Los Angeles and Orange Counties

Teen Line (6 pm to 10 pm)

1.800.852.8336

Trevor Line (LGBTQ)

1.866.488.7386

Survivors After Suicide

1.310.895.2326

Bereavement support groups at

Didi Hirsch Mental Health Services

National Suicide Prevention Hotline

1.800.273.TALK

(1.800.273.8255)

[www.afsp.org](http://www.afsp.org)

(American Foundation for Suicide Prevention)

[www.suicidology.org](http://www.suicidology.org)

(American Association of Suicidology)

Didi Hirsch Mental Health Services

**Suicide Prevention Center**

**24 Hour Crisis Line**

[www.suicidepreventioncenter.org](http://www.suicidepreventioncenter.org)

Toll Free in Los Angeles and Orange Counties

**1.877.7CRISIS**

1.877.727.4747

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## Warning Signs

Threatening suicide, expressing suicidal feelings or bringing up the topic of suicide.

Developing a specific plan for suicide.

Giving away prized possessions, settling affairs.

Changes in behavior (poor work or school performance).

Signs of depression: sad mood, loss of pleasure, changes in sleep or eating habits, irritability, agitation, feelings of failure or shame.

Expressions of hopelessness and helplessness.

Increased use of alcohol or drugs.

Risky behavior (unsafe sex, racing, or aggression).

Social isolation.

Writing or drawing about suicide or death.

## How To Help

**Express your concern** about factors you have observed. Be empathetic, non-judgmental and show that you care.

**Accept the person's feelings** as they are. Do not try to cheer him/her up by making positive, unrealistic statements.

**Ask directly** about their suicidal thoughts - "Are you thinking of killing yourself?"

**Take suicidal thoughts and feelings seriously.** Four out of five people who die by suicide give warning signs.

**Ask if he/she has developed a plan of suicide.** The presence of a well-developed plan indicates a higher risk for suicide.

**Safely remove lethal means** of suicide from the person and assist in finding alternatives to suicide.

**Let him/her know that suicidal feelings are temporary,** that depression can be treated, and that problems can be solved.

**Never agree to keep serious suicidal thoughts in confidence.** Inform family members and friends.

**Call 911 or the Suicide Prevention Center** if a suicide attempt is imminent.