

Suicide Prevention—Helping Individuals and Families

Signs of Suicidal Concern

What are they talking about?...

- killing themselves
- no reason to live
- being a burden to others
- better off without me
- seeking revenge
- feeling trapped
- unbearable pain
- feeling hopeless
- feeling worthless
- wishing they had not been born

What are they doing?...

- alcohol and drug abuse
- searching for ways to die online
- taking risks—and past suicide attempts
- withdrawing from activities
- sleeping too much or too little
- saying goodbye
- giving away possessions
- experiencing panic attacks
- experiencing mental health problems
- plans or previous suicide attempts
- have or gathering means to take their life
- family history of suicide
- falling performance (school and other activities)
- impulsive
- breaking the law

Protective Factors

Connections

- Positive relationships with family, friends, school, or other caring adults
- Religious, spiritual, and cultural connections
- Responsibilities at home or in the community

Coping Skills and Personal Traits

- Decision making, anger management, conflict resolution, problem solving and other life skills
- A sense of personal control over actions
- Beliefs that value of life and discourage suicide
- A healthy fear of risky behavior and pain
- Hope for the future, self-worth and a sense of purpose or meaning in life

Health and Home

- A safe and stable environment
- Not using drugs and alcohol
- Access to health care including effective behavioral health
- Taking care of self

What Can We Do to Help Prevent Suicide? (QPR)—Sadly, not all suicides can be prevented

Question

- Do they have thoughts? Feelings? Plans? Don't be afraid to ask.
 - Have you been unhappy lately?
 - Have you had thoughts or feelings about wishing you were dead?
 - Do you sometimes wish you could go to sleep and never wake up?
 - Have you ever wanted to stop living?
 - Are you thinking about hurting yourself?
 - Are you thinking about suicide (or killing yourself)?
 - How would you do it?

Persuade the Person to Get Help

- Listen carefully. Don't leave them alone. Say, "Let me help." Or, "Come with me to find help."
- Talk together about ways to stay safe. Safety includes limiting access to guns, medications, or other means being considered to complete suicide.

Refer for Help

- Parents, family, church leaders, teachers or other trusted adults
- School counselor, medical doctor or professional counselor
- Call a Crisis Line
- Go to your closest hospital
- Call police

Helpful Resources

- suicide.churchofjesuschrist.org
- mentalhealth.churchofjesuschrist.org
- arp.churchofjesuschrist.org
- abuse.churchofjesuschrist.org
- mormonandgay.churchofjesuschrist.org
- counselingresources.churchofjesuschrist.org
- suicidepreventionlifeline.org
- utahsuicideprevention.org
- Talk About Suicide with Our Families: <https://www.youtube.com/watch?v=Cr8uwScqlrs>
- Gospel Library App-Life Help-Suicide
- Family Services counselor or representative