

SIGNS OF SUICIDE

If you suspect that someone may be thinking about suicide: Remember to **REST**:

1. **RECOGNIZE** the signs. Be direct. Always assume that a suicide threat is real.
2. **ENGAGE** them, talk and be direct. Ask direct questions like, "How do you plan to kill yourself?" and "When do you plan to do it?"
3. **STAY** with them, help them get help. If you're on the phone, stay on the phone until help arrives.
4. **TRUST** your gut. Don't be afraid of overstepping or being wrong. It may save someone's life.

WHO TO CALL:

Emergency: Call your local police, dial 911.

Urgency: Suicide Prevention Lifeline: 1-800-273-TALK

TALK

WHAT ARE THEY SAYING

I want to kill myself.

I have no reason to live.

I'm a burden to others.

I feel trapped.

I have unbearable pain.

I'm better off dead.

BEHAVIOR

WHAT ARE THEY DOING

Increased drug and alcohol use.

Seeking ways to kill themselves.

Acting recklessly.

Withdrawing from activities.

Isolating from friends and family.

Sleeping too much or too little.

Telling people goodbye.

Giving away personal property.

Increased aggression.

MOOD

HOW ARE THEY FEELING

Depression.

Loss of interest.

Rage.

Irritability.

Humiliation.

Anxiety.

HOW TO RESPOND TO A SUICIDAL PERSON

DO...

Be direct. Talk openly and matter-of-factly about suicide.

Be non-judgmental.

Get involved. Become available. Show interest and support.

Offer empathy, not sympathy.

Never promise to keep suicide a secret. Seek support.

Offer hope that alternatives are available but do not offer glib reassurance.

DON'T...

Don't ask "why." This encourages defensiveness.

Do not counsel the person yourself, seek professional help.

Don't pretend you have all the answers. The most important thing you can do may be to help them find help.

Don't be afraid of being wrong. It is difficult for even experts to understand who is at serious risk of suicide and who is not. Many of the warning signs of suicide could also indicate problems with drug or alcohol abuse, domestic violence, depression, or another mental illness, which still need professional intervention.

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DISCLAIMER:

Please see our complete statement of faith which can be found at:

<https://victoryatl.com/statement-of-faith/>

We are not licensed counselors nor physicians. If you are in need of mental health services please contact a licensed counselor or physician. If you have a true medical emergency please immediately call 911 or go to your local emergency room.