

What to do if someone seems suicidal

With greater awareness of warning signs and risk factors of suicide, it is easier to try to offer help or get help. If someone is actually threatening suicide, talking about doing it, or has or is actively asking for lethal means, call 911 and get immediate help. DO NOT LEAVE THEM ALONE.

If the situation is not of an immediate nature, but you suspect that someone may be suicidal. Try talking to them about it. Mentioning suicide or discussing it is not going to push someone over the edge. You may find out that it is just what was needed. Talk to the person in private, and less without interruption; they may just want to be heard. Listen with an open ear and don't be judgmental. Be compassionate, but not condescending. Don't be afraid to be direct and ask if they are considering suicide.

Suggest that they get professional help, whether it be a psychologist or religious counselor, and offer to help them find help.

Resources

Crisis Line: If you or someone you know are in crisis, please call the **Montana Suicide** Prevention Lifeline 24/7 1-800-273-Talk (1-800-273-8255). Or, use the Crisis Text Line, text **MT** to 741-741.

[Montana Mental Health Association](http://www.montana-mental-health.org/)
(888) 268-2743 x406

<https://afsp.org/chapter/montana>

http://health.umt.edu/ccfwd/research/mt_suicide/default.php

Suicide Prevention and Warning Signs

Stevensville Police Department
102 Main St. Ste D
Stevensville, Mt 59870



The Warning Signs of suicide are indicators that a person may urgently need help...

- Talking about wanting to die or kill oneself.
- Looking for a way to kill oneself.
- Talking about feeling hopeless or having no purpose.
- Talking about feeling trapped or being in unbearable pain.
- Talking about being a burden to others.
- Increasing the use of alcohol or drugs.
- Acting anxious, agitated, or reckless.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

Risk Factors make it more likely an individual will consider, attempt, or die by suicide...

- Mental disorders, particularly mood disorders, schizophrenia, anxiety disorders and certain personality disorders
- Alcohol and other substance use disorders
- Hopelessness
- Impulsive and/or aggressive tendencies
- History of Trauma or abuse
- Major physical or chronic illnesses
- Previous Suicide Attempts
- Family history of suicide
- Recent job loss or financial loss
- Recent loss of relationship
- Easy access to lethal means
- Local clusters of suicide
- Lack of social support and isolation
- Stigma associated with asking for help
- Lack of health care, especially mental health and substance abuse treatment

- Cultural and religious beliefs, such as the belief that suicide is a noble resolution of a personal dilemma
- Exposure to others who have died by suicide (in real life or via the media and internet)

Protective factors are characteristics that make a person less likely to engage in suicidal behavior.

- Effective clinical care for mental, physical and substance use disorders
- Easy access to a variety of clinical interventions
- Restricted access to highly lethal means of suicide
- Strong connection to family and community support
- Support through ongoing medical and mental health care relationships
- Skills in problem solving, conflict resolution and handling problems in a non-violent way
- Cultural and religious beliefs that discourage suicide and support self-preservation