

Tips to protect your loved one.

THINGS YOU CAN DO AT HOME:

- Spend quality time together as a family.
- Discuss ways to manage stress, anger and disappointment.
- Lock up hazardous items like firearms and medications.
- Trade in social media and screens for outdoor or social activities.
- Improve sleep habits.
- Help foster a sense of purpose by engaging in meaningful activities and relationships.

TIPS FOR SEEKING TREATMENT:

- Pair medication with talk therapy and self-help for greater impact.
- Talk to your provider about their experience treating suicide risk.
- Seek out specific treatments, like Dialectical Behavioral Therapy or Cognitive Behavioral Therapy.
- Call 211 for information on additional resources, especially if you are not insured.



Resources



1-800-273-TALK (8255)

National Suicide Prevention Lifeline. Talk to a trained counselor who can listen, provide support, and advise on resources and next steps

866-488-7386

Trevor Project Lifeline for LGBTQ persons in crisis



SafeUT App

Chat directly with a crisis counselor, or submit a tip regarding a school aged youth

My3 App

Safety Planning App



NAMIUT.org

Free classes and peer support for persons experiencing a mental illness and their families

AFSP.org

Resources, support, research, and advocacy for individuals affected by suicide

UtahSuicidePrevention.org

Facts and tips to help educate and prepare

HealthyMindsUtah.org

Anonymous online screening and resource links



Utah
Suicide Prevention
Coalition

Creating Safety

PREVENTING SUICIDES IN UTAH



There is hope.

Most people at risk of suicide simply want to escape unbearable pain or solve a problem that appears to have no other solution. Often they are feeling overwhelmed, hopeless, or like a burden to those around them.

Fortunately, most people show warning signs and there are actions you can take to help once you recognize these signs.

If you are the one in crisis, don't wait to reach out for help. Call the Lifeline 1-800-273-TALK or seek mental health treatment today.

With appropriate treatment and support, most people who have had thoughts of suicide find recovery and lead fulfilling lives.



WARNING SIGNS



LISTEN FOR:

- Talk of suicide: "I just want to go to sleep and never wake up." "If _____ happens, I'll kill myself."
- Talk of feeling hopeless: "What is the point? Nothing is going to get better."
- Talk of feeling like a burden to others: "They would be better off without me."



WATCH FOR:

- Increased use of alcohol or drugs
- Withdrawing from activities
- Looking for a way to kill themselves, such as searching online for materials or means
- Isolating themselves from family and friends
- Sleeping too little or too much
- Displaying one or more of the following moods: depression, anxiety, loss of interest, irritability, humiliation, agitation, rage
- A sudden or unexplained calm or euphoria after a long period of depression
- Saying goodbyes or tying up loose ends

How Can I Help?

01 Ask directly about suicide.

"Sometimes, people (in your situation or with your mental health condition) have thoughts about ending their life. Are you thinking about suicide?"

02 Listen with concern and empathy.

Give the person the opportunity to tell you how they're feeling and what they're going through.

03 Get help.

Call the National Suicide Prevention Lifeline (1.800.273.8255) to speak to a trained clinician 24/7. They can help you assess the risk of suicide and decide what to do next.

04 Create a safe space.

Putting time and distance between a person at risk of suicide and a firearm can save a life. Remove firearms and lethal medications from the home, if possible, or take extra precautions to lock them up.

05 Be a support.

Involve family members, friends, or others to provide a safety net of support.

Treatment from physicians and behavioral health care providers is often necessary even after the immediate crisis has passed. Recovery is a process that takes time and support.

Help the person use a Safety Plan (like the one in the MY3 App) so they are prepared to manage returning thoughts of suicide.

Check in on the person and help them stay engaged in treatment and on the road to recovery.