

Suicide Prevention & Awareness

Hopelessness is a major risk factor

- Believing all resources are exhausted.
- Feeling that no one care.
- Believing the world would be better off without you.
- Total loss of control over self and others.
- Seeing death as only means of eliminating pain.

Myths and Facts

- ***MYTH: People who talk about suicide don't die by suicide.***
- **FACT: 80% of completed suicides had given definite indications of their intention.**

- ***MYTH: Talking about suicide will give some an idea to do it.***
- **FACT: Suicidal people already have the idea. Talking about it may invite them to ask for help.**

- ***MYTH: All suicidal people are fully intent on dying. Nothing can be done about it.***
- **FACT: 95% are undecided about it. They call for help before or after the attempt.**

- ***MYTH: Suicide is an impulsive act.***
- **FACT: Most suicides are carefully planned and thought about for weeks.**

- ***MYTH: Suicidal people remain suicidal.***
- **FACT: Most are suicidal for only a brief period. Timely intervention may save their lives.**

Local and National Resources

- **FSU Counseling Center** - (850) 644-TALK (8255)
Noles C.A.R.E. <https://nolescare.fsu.edu/>
- **Call 2-1-1** - Big Bend 24-hour crisis line
<https://www.211bigbend.org/>
- **Local mental health resources**
<https://mentalhealthcouncil.org/directory-by-topic/>
- **Substance Abuse and Mental Health Services Administration** - 1-800-662-HELP (4357)
<https://www.samhsa.gov/find-help/national-helpline>
- **National Suicide Prevention Lifeline**
1-800-273-8255
<https://suicidepreventionlifeline.org/>
- **Postpartum Support International**
<https://www.postpartum.net/>
- **National Alliance on Mental Illness**
<https://nami.org/Home>