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/](https://nolescare.fsu.edu/)

- **Call 2-1-1** - Big Bend 24-hour crisis line [https://www.211bigbend.org/](https://www.211bigbend.org/)

- **Local mental health resources** [https://mentalhealthcouncil.org/directory-by-topic/](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](https://www.samhsa.gov/find-help/national-helpline)

- **National Suicide Prevention Lifeline** 1-800-273-8255 [https://suicidepreventionlifeline.org/](https://suicidepreventionlifeline.org/)

- **Postpartum Support International** [https://www.postpartum.net/](https://www.postpartum.net/)

- **National Alliance on Mental Illness** [https://nami.org/Home](https://nami.org/Home)