

We all have a role in preventing suicide

Facts and Resources:

(info in slides 3-6 below this heading)

Hopelessness is a major risk factor

- Believing all resources to be exhausted
- Feeling that no one cares
- 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.**

Myths and Facts

- **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.**

National Resources

- National Alliance on Mental Illness <https://nami.org/Home>
- National Suicide prevention <https://suicidepreventionlifeline.org/>
- <https://suicidepreventionlifeline.org/how-we-can-all-prevent-suicide/>
- 211 Big Bend – 24 hour crisis line
- <https://www.samhsa.gov/find-help/national-helpline>
- Postpartum Support International <https://www.postpartum.net/>
- Find local mental health resources
<https://mentalhealthcouncil.org/directory-by-topic/>