

Funded by **Stark County Mental Health & Addiction Recovery**, the Stark County Suicide Prevention Coalition is a partnership of representatives from more than 20 local community organizations working together to save lives. Active members include representatives from community advocacy, behavioral health organizations, survivors of suicide loss, social service organizations, human service agencies, government organizations, medical facilities and educational institutions.

**For more information,
please contact:**



330-455-6644

StarkMHAR.org/SuicidePrevention

 /StarkSuicidePrevention

Suicide can be prevented

Each year in the United States, people of all ages complete suicide. Approximately 80% have given warning signs to their families, friends and neighbors.

Know the warning signs

- Talking or writing about suicide
- Giving away belongings
- Withdrawing from loved ones and activities
- Feeling hopeless, helpless or worthless
- Seeking ways to suicide, such as guns or pills
- Major eating or sleeping changes
- Increasing use of alcohol or other drugs
- Losing interest in things previously enjoyed

Who is at risk for suicide?

People may be more likely at risk of suicide if they:

- Have attempted suicide before
- Have family or friends who have attempted or died by suicide
- Experienced a recent breakup, loss or other major change
- Have severe problems at work or school
- Have an untreated mental illness such as depression or bipolar disorder
- Have problems with alcohol or other drugs

There is no single cause of suicide

No one cause or event makes a person suicidal. Suicide is a result of multiple stressors that make an individual feel out of control, trapped, and/or unable to change what is happening.

SUICIDE PREVENTION & RESOURCES



Keeping hope alive



Do You Know Someone Who Is Considering Suicide?

You can help save a life.

- Help that person talk about what's hurting so badly.
- Don't act shocked. Say you're there to listen.
- Ask direct questions about his or her plan. Get details about what the person is going to use. Does the person have those means? When does the person plan to complete suicide?

Get emergency help immediately by calling 911, the 24-hour Hotline at 330-452-6000 or the National Suicide Prevention Lifeline at 800-273-TALK (8255)

- Stay with that person until help arrives or get someone else to stay with him or her while you get help.

What To Do: Suicide Threats Are for Real

- Always take a suicide threat seriously.
- Never keep a suicide threat secret. Tell someone who can help.
- Let the person know you care and you want to get him or her help. Don't try to cheer up a suicidal person.
- Listen carefully. Don't offer quick solutions.
- Accept what the person is saying without judging.
- Act calm, even if you feel anxious. If you act shocked or agitated, the person may feel ashamed and uncomfortable.
- Assure the person that help is available, and you want to get him or her help.

What If You Are Thinking About Suicide?

- When you're feeling down, reach out to others.
- Getting help is the most important step you can take.

Tell someone right away. Call the 24-hour Hotline at 330-452-6000, call the National Suicide Prevention Lifeline at 800-273-TALK (8255) or call 911

- Be honest with yourself and others. Don't let shame stop you from saying how you feel. You have nothing to be ashamed of.
- Stay away from alcohol and other drugs.
- There are good reasons to keep living and hoping. Accept help to discover them.
- Remember things can change and get better. You don't have to face this alone.

Where To Get Help

Call 911

Ask for CIT Officer

**24-hour Hotline
330-452-6000**

**National Suicide Prevention Lifeline
800-273-TALK (8255)**

Crisis Text Line (ages 13-25)
Text **4hope** to **741-741**

Trevor Lifeline (LGBTQ youth)
866-488-7386

*Stark County residents can access behavioral health services regardless of their ability to pay through the **Stark County Mental Health & Addiction Recovery (StarkMHAR) Care Network**. StarkMHAR funded service providers accept various insurance programs, Medicare and Medicaid. Stark residents that are not covered by one of those options can receive services. Their ability to pay for those services will be determined by their income and could be fully subsidized by StarkMHAR.*

StarkMHAR.org/CareNetwork