

Worried about suicide?

Learn the **FACTS!**

Are you concerned that someone you know may be at risk for suicide? Your first step in helping may be as simple as learning the **FACTS** or warning signs. The following signs may mean that a youth is at risk for suicide, particularly if that person attempted suicide in the past.

Feelings

Expressing hopelessness about the future.

Actions

Displaying severe/overwhelming pain or distress

Changes

Showing worrisome behavioral cues or marked changes in behavior, including: withdrawal from friends or changes in social activities; anger or hostility; or changes in sleep.

Threats

Talking about, writing about, or making plans for suicide.

Situations

Experiencing stressful situations including those that involve loss, change, create personal humiliation, or involve getting in to trouble at home, in school, or with the law. These kinds of situations can serve as triggers for suicide.

IF YOU NOTICE ANY OF THESE WARNING SIGNS, YOU CAN HELP!

1. Express your concern about what you are observing in their behavior.
2. Ask directly about suicide.
3. Encourage them to call the 24/7 Crisis Hotline at 330-452-6000 or text '4Hope' to 741741.
4. Involve an adult they trust.

Remember, if you have **IMMEDIATE** concerns about someone's safety, **call 911!**

Suicide is a preventable problem. By taking the time to notice and reach out to a peer, you can be the beginning of a positive solution.

Learn more at www.StarkMHAR.org/SuicidePrevention

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