Where to Get Help

24 Hour Toll-Free Crisis Hotline for Warren & Clinton Counties 1-877-695-6333 OR 1-877-695-NEED

Solutions Community Counseling & Recovery Centers

> Warren County Office 1-800-932-3366

> Clinton County Office 1-937-383-4441

Survivors After Suicide Support Group

For the most up-to-date group list, consult the American Foundation for Suicide Prevention, Cincinnati Chapter website at: www.afsp.org



This Brochure is produced by the Suicide Prevention Coalition of Warren & Clinton Counties through a grant from the Ohio Suicide Prevention Foundation.

For more information about the Coalition, contact:

Mental Health Recovery Services of Warren & Clinton Counties Lebanon, OH Phone 513-695-1695 www.mhrsonline.org/suicidepreventioncoalition

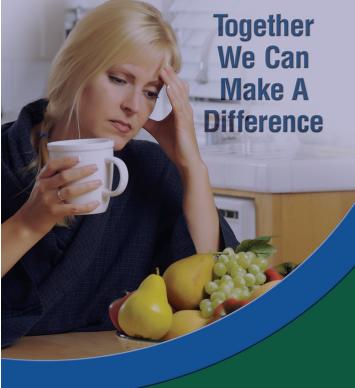
Sources: "Suicide Prevention: A Plan for Ohio," The Ohio Suicide Prevention Foundation, and Health Departments for Warren County and Clinton County.





Suicide Prevention

Get the Facts and Take Appropriate Action



Help is Available 24 Hour Toll-Free Crisis Hotline for Warren & Clinton Counties 1-877-695-6333

> or 1-877-695-NEED

Suicide Prevention Facts

Common Warning Signs

- Giving away favorite possessions
- A marked or noticeable change in an individual's behavior
- Previous suicide attempts & statements revealing a desire to die
- Depression (crying, insomnia, inability to think or function, excessive sleep or appetite loss)
- Inappropriate "good-byes"
- Verbal behavior that is ambiguous or indirect: "I'm going away on a real long trip. You won't have to worry about me anymore. I want to go to sleep and never wake up."
- Purchase of a gun or pills
- Alcohol or drug abuse
- Sudden happiness after long depression
- Obsession about death and talk about suicide
- Decline in performance of work, school, or other activities
- Deteriorating physical appearance, or reckless actions

High Risk Life Events Associated With Suicide

- Death or terminal illness of a loved one
- Divorce, separation, or broken relationship
- Loss of health (real or imaginary)
- Loss of job, home, money, self-esteem, personal security
- Anniversaries
- Difficulties with school, family, the law
- Early stages of recovery from depression

What Not To Do

- Do not leave the person alone if you feel the risk to their safety is immediate.
- Do not act shocked or condemn. There may not be another cry for help.
- Do not point out to them how much better off they are than others. This increases feelings of guilt and worthlessness.
- Do not swear yourself to secrecy.
- Do not offer simple solutions.
- Do not suggest drugs or alcohol as a solution.
- Do not judge the person.
- Do not argue with the person.
- Do not try to counsel the person yourself.

What To Do

- Take suicide threats seriously, be direct, open and honest in communications.
- Listen, allow the individual to express their feelings and express your concerns in a non-judgmental way.
- Say things like, "I'm here for you. Let's talk. I'm here to help."
- Ask, "Are you having suicidal thoughts?" A detailed plan indicates greater risk.
- Take action sooner rather than later.
- Get the individual who is at risk connected with professional help.
- Dispose of pills, drugs and guns.
- Don't worry about being disloyal to the individual; contact a reliable family member or close friend of the person.

GET PROFESSIONAL HELP!