

## 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](http://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](http://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

**Together  
We Can  
Make A  
Difference**



**Help is Available**

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or

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# 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!**