

Substance Abuse and Suicide

Suicide is the leading cause of death among people who abuse alcohol and drugs. An estimated 1 out of 6 of substance abusers will die by suicide.



Drug and/or alcohol abuse greatly increases the likelihood of suicide. In fact, 65% of suicide attempts and 50% of completed suicides can be linked to alcohol use. Some substance abuse is an attempt to “self medicate,” that is, to relieve the emotional pain caused by mental illness, family problems, or other struggles. For these people, attempting suicide is yet another effort to stop the pain. Substance abuse alters thinking, making it more difficult to make healthy choices.

Risk Factors :

- Alcohol intoxication, which increases suicide risk up to 90 times.
- Job loss or other major set back.
- Break-up of a partner relationship.
- Financial crisis.
- Mental disorder, such as depression.
- Family conflict or other trauma.
- Legal event.
- Family history of mental disorders, substance abuse, or suicide.
- History of physical or sexual abuse.
- Series of conflicts or challenges.
- Relapse from drug/alcohol recovery.

Warning Signs:

- Talking about suicide, death, and/or preoccupation with dying.
- Making preparations for death that are out of the ordinary.
- Seeking access to firearms, pills, or other lethal means.
- Sense of hopelessness; feeling as though life has no purpose.
- Withdraw from friends and social activities.
- Fighting with friends.
- Drastic changes in behavior.
- Loss of interest in previously enjoyed activities.
- Giving away or not caring for prized possessions.
- Loss of interest in personal appearance.
- No longer attending recovery meetings or therapy.
- Not planning for the future.

Intervention provides hope and assistance.

You can find help.

Know the signs of someone who is at risk.

is at risk.

Seek help!

There are several local resources and agencies that offer free or sliding fee services.

RESOURCES

Crisis Hotline (toll-free 24-hour):

877-695-NEED or 877-695-6333

Solutions Community Counseling & Recovery Centers

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|---------------------------------|--------------|
| • Lebanon (975A Kingsview Dr.) | 513-228-7800 |
| • Lebanon (204 Cook Rd.) | 513-934-7119 |
| • Springboro (50 Greenwood Ln.) | 937-746-1154 |
| • Mason (201 Reading Rd.) | 513-398-2551 |
| • Wilmington (953 S. South St.) | 937-383-4441 |

Talbert House—Warren Outpatient (759 Columbus Ave.)
513-932-4337

