



Suicide Prevention

Resources

- The National Suicide Prevention Lifeline provides free and confidential emotional support to people in https://www.samhsa.gov/dtac/disaster-behavioral-health-resources suicidal crisis or emotional distress 24 hours a day, 7 days a week at **1-800-273-TALK (8255)**, for **Veterans, National Guard or military members, Press 1**. For more information, visit <https://suicidepreventionlifeline.org/>
- The website <https://www.itsok2ask.com/> is designed for youth to share information about suicide prevention and reduce the stigma of mental health disorders.
- Information about crisis services is available at <https://www.ncdhhs.gov/assistance/mental-health-substance-abuse/crisis-services>
- For a medical or a life-threatening emergency please call 911. If you need to contact the police, request a Crisis Intervention Team **“CIT” trained officer**.

Statistics

- Each year in North Carolina more than 1,300 people die because of suicide -- that's one person every six hours. An additional 14,000 are treated or hospitalized for self-inflicted wounds.
- Nearly twice as many people die by suicide in NC each year than by homicide; weekly, 5 are Veterans.
- Nationwide, suicide is the second leading cause of death for people up to age 44.

Risk Factors and Warning Signs

If you or someone you know exhibits any of the following signs, seek help as soon as possible by contacting a mental health professional or by calling the Lifeline at **1-800-273-8255 (TALK)**:

- Talking about wanting to die or to kill themselves
- Looking for a way to kill themselves, such as searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing their use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings
- Talking about being very tired; extremely fatigued with life or life events.

It's okay to ask. It's okay to get help. Most people who attempt suicide do not want to die.

Talking to Someone Who is Suicidal

1. Tell the person that you are concerned and that you want to help.
2. Express empathy for the person and what they are going through.
3. Clearly state that thoughts of suicide are common and that help is available to discuss these thoughts.
4. Tell the person that thoughts of suicide do not have to be acted on; there is help and hope.
5. Help the person be safe, together call 1-800-273-8255 or 911 and ask for a CIT trained officer.

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