

Suicide Prevention

Suicide Prevention and Mental Health Resources

Everyone can assist in preventing suicide. No matter the individual, what problems or situation you may find yourself in, hurting yourself is not the answer. Here at Pierce Mortuary Colleges, we want to ensure you can find the resources to provide you positive aspirations.

Risk Factors

Risk factors may make it more likely that someone will consider, attempt, or die by suicide. They do not cause or predict a suicide attempt, but they are important to be aware of. The following risk factors are important to be aware of:

- ❖ Mental disorders, particularly mood disorders, schizophrenia, anxiety disorders, and certain personality disorders
- ❖ Alcohol and other substance use disorders
- ❖ Hopelessness
- ❖ Impulsive and/or aggressive tendencies
- ❖ History of trauma or abuse
- ❖ Major physical illnesses
- ❖ Previous suicide attempt(s)
- ❖ Family history of suicide
- ❖ Job or financial loss
- ❖ Loss of relationship(s)
- ❖ Easy access to lethal means
- ❖ Local clusters of suicide
- ❖ Lack of social support and sense of isolation
- ❖ Stigma associated with asking for help
- ❖ Lack of healthcare, especially mental health and substance abuse treatment
- ❖ Cultural and religious beliefs, such as the belief that suicide is a noble resolution of a personal dilemma
- ❖ Exposure to others who have died by suicide (in real life or via the media and Internet)

Warning Signs

Warning signs may bring awareness to you if a loved one is at risk for suicide, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change. If you or someone you know exhibits any of these warning signs or other worrisome signs, seek help by calling the Lifeline at (800) 273-TALK or (800) 273-8255.

- ❖ Talking about wanting to die or to kill themselves

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- ❖ Looking for a way to kill themselves, like 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 the 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
- ❖ Extreme mood swings

How to Help

If someone in your life is thinking of or talking about suicide and you are unsure of how to handle the situation, the National Suicide Prevention Lifeline will assist you with your situation. At any time, call (800) 273-TALK.

Contact a Lifeline Center

Calls to (800) 273-TALK are routed to the Lifeline center closest to your area code that can assist with local resources. Find Crisis Services [Here](#)

Do's and Don'ts

- ❖ Be direct. Talk openly and matter-of-factly about suicide
- ❖ Be willing to listen. Allow expressions of feelings. Accept the feelings
- ❖ Be non-judgmental. Don't debate whether suicide is right or wrong, or whether feelings are good or bad. Don't lecture on the value of life
- ❖ Get involved. Become available. Show interest and support
- ❖ Don't dare him or her to do it
- ❖ Don't act shocked. This will put distance between you
- ❖ Don't be sworn to secrecy. Seek support
- ❖ Offer hope that alternatives are available but do not offer glib reassurance
- ❖ Take action. Remove means, like weapons or pills
- ❖ Get help from people or agencies specializing in crisis intervention and suicide prevention

Awareness of Suicidal Feelings

- ❖ Can't stop the pain
- ❖ Can't think clearly
- ❖ Can't make decisions

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- ❖ Can't see any way out
- ❖ Can't sleep, eat or work
- ❖ Can't get out of depression
- ❖ Can't make the sadness go away
- ❖ Can't see a future without pain
- ❖ Can't see themselves as worthwhile
- ❖ Can't get someone's attention
- ❖ Can't seem to get control

Local Mental Health Resources

[Find a local therapist, resource, or support group](#)

Speaking to a therapist or attending a support group can help you work through your grief and improve your overall mental health. The following resources can help you find a psychologist, psychiatrist, or support group near you.

Online Mental Health Resources and Hotlines

[National Suicide Prevention Lifeline](#)

[You Matter](#)

[Veterans Crisis Line](#)

Red Nacional de Prevencion del Suicidio
(888) 628-9454

Veterans Suicide Prevention Hotline
(800) 273-TALK (8255) and press 1

Lesbian Gay Bisexual Transgender or Questioning Youth (LGBTQ)
Call The Trevor Hotline at (866) 488-7386

Support on Social Media

[Support on Social Media](#)

Having a plan in place that can help guide you through difficult moments can make a difference and keep you safe.